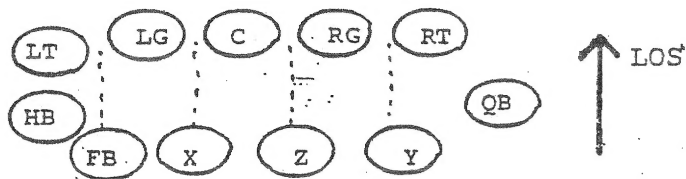


1995 STEELERS



1. The center will be the first man to set up the huddle eight yards behind the ball - Hurry.
2. Remember we have only 40 seconds to get a play started. We must save all the time possible by being efficient in our huddling. Times starts as the referee brings his hand down.
3. Keep a constant huddle. The shape and appearance is the responsibility of each man.
4. The QB does the talking. All others Listen! The QB must talk straight out - not up in the air or down at the ground - see all of your men.
5. Do not lean on other men in the huddle. [Place your hands (not your elbows) on your knees.]
6. If you do not hear the signal the word is Check. Listen. Do not be a "checker". Look at QB. See what you hear.
7. After giving the play number the QB will say "Ready" - then pause for "Checks". All clap hands which is the signal to break the huddle. Jog away from the huddle! Never loaf!
8. ~~The center and wide receivers break the huddle when the snap count is given. You must run fast. Sometimes you must cover a lot of distance. The QB must check coverage immediately.~~
9. All linemen turn to the inside when running to offensive position. Y move in front of QB to the side of the formation. Halfback always cross behind the Fullback.
10. When sent in with information, get it to the QB. Do not leave the sidelines unless you thoroughly understand the information to be taken in.
11. A clock located in the end zone and in full view of the players will be started at the referee's signal before each play designating 40 seconds to get the ball in play.

## CADENCE

### I. CADENCE IN THE HUDDLE

The Cadence will be called by the QB in the following sequence:

- FORMATION  
PLAY  
START COUNT
1. Formation (6, 0 Up, etc.)
  2. Play: Number of Play. (Slant 34, Flow 36, etc.)
  3. Give the snap count: (On 2, On Set, etc.)
  4. Pause momentarily: (You must listen - we will not keep men who are constant "Checkers". However, it is better to check than to go up to the line not knowing the play or snap count). Center and wide receivers will leave huddle during pause.
  5. Give command "Ready - Break".
  6. All clap hands then jog to L.O.S. as instructed.
  7. Example of call in huddle: "6-Flow 36 - on 2 - (pause) - Ready - Break".

### II. CADENCE AT THE LINE OF SCRIMMAGE

1. Everyone will assume designated stance.
2. QB will look over defense and decide if a check off is necessary.
3. QB calls live or dead color (pause by QB) "White 19 - White 19".
  - A. Any shifting of the Backs, X, Y, or Z will be done on the first color heard. White 19 - White 19.
  - B. Any motion or fly will be started on the QB's heel. White 19 - (QB's Heel) - White 19.
  - C. Any shifting with motion or fly - Shift on first color - Motion and Fly on QB's Heel.
  - D. The QB can call the live color during the cadence.

- 
4. QB calls "Set". Continues cadence.
  5. HUT - HUT - HUT (non rhythmic)

6. Example of call on L.O.S.

<u>Color</u>	<u>Play</u>	<u>Color</u>	<u>Play</u>	<u>Snap Numbers</u>
Green	62	Green	62	- Pause - "Set" HUT - HUT - HUT

### III. THE QB MAY PUT THE TEAM INTO ACTION IN FOUR WAYS

1. On "2nd sound" (first sound will be color) Example - "Blue Go"
2. On "Set" - Example - "White 19 White 19 "Set""
3. On 1, 2, 3, 4, etc. as previously described.  
Example - "Yellow 50 Yellow 50 - Set - Hut, Hut, etc."
4. Use of possible No Count adjustment.

5. HUT - HUT - HUT (non rhythmic)

6. Example of call on L.O.S.

<u>Color</u>	<u>Play</u>	<u>Color</u>	<u>Play</u>	<u>Snap Numbers</u>
Green	62	Green	62 - Pause - "Set"	HUT - HUT - HUT

7. Trying for Penalty - 4th & Short (No Brainer)

This is a situation attempt to draw the defense offsides on a "4th and Short" situation in the opponent's end of the field. We will probably be in field goal range, close enough so that a five yard "delay of game" penalty will not put us out of the field goal range.

We will send in our Short Yardage/Goal Line team for the attempt.

These are the rules to follow:

1. The play in the huddle will be called "No Play On Infinity" (continuous snap count). Quarterback keep players in huddle till 15 seconds remain on "40 Second" clock. Players hustle to Line of Scrimmage.
2. Line up as to run a play.
3. Quarterback call normal cadence - using various emphasis on voice inflection (Do Not use any type of head bob).
4. After cadence reaches 4 - Halfback will go in motion either direction and then stop when near sidelines and get in a 3 point stance. Remain motionless.
5. ~~Quarterback remain motionless and continue cadence until~~ "40 second" clock runs out. (We will receive a 5 yard delay of game penalty).
6. Never snap the ball under any circumstances. (If a defender jumps offside, we must depend on him to touch one of our players to draw the penalty. Line use "Influence" technique.
7. Everyone remain motionless until the referee blows the play dead.
8. Quarterback - Do not pull away from Center or call time out. Let the officials stop the play.
8. Jap Snap Count - Voice inflection by QB (Blue "Go") in an attempt to draw defense offsides. No foul by the defense, QB restarts count and proceeds to count called in the huddle.



# QUARTERBACK CHANGING PLAY AT L.O.S.

## CHECK-OFF SYSTEM

1. Play called at the line of scrimmage changing call made in huddle. The approach to the use of audibles is as follows:
  - a. There will be situations by game plan where the best way to take advantage of the defensive alignment will be with a check-off.
2. Color designated as live will be used as check-off signal.
3. If the QB calls any other color than the live color, then the play called in the huddle will be run. The next number called will be a fake.
4. If the QB repeats the live color, then the play called in the huddle is erased. The next number called will be the play run.
5. QB can also use the live color and add in the huddle. Disregard the color. Then call the designated live color on the line of scrimmage. Offense will disregard the live color and run play called in the huddle. This will discourage anyone who might pick up the live color.
6. Check-off cannot be used if the play called in the huddle was designated to go on 2nd sound.
7. Snap count for all check-off plays shall be on two.
8. If the defense is shifting, it is imperative that several plays be run on the second sound.
9. We will designate certain basic plays that can be run on second sound.
10. It is a good idea to go on second sound a few times early in the game. This keeps the defensive line tense and off balance.
11. On 3rd down QB may use defensive front instead of "RED" to change play.  
 Ex: "5 Down 88, 5 Down 88 Set-Hut-Hut"  
 (Snap count would be on two)

# QUARTERBACK CALLING PLAYS AT LINE OF SCRIMMAGE

## "CHECK WITH ME"

1. WILL BE CALLED IN THE HUDDLE - - - FROM THE BENCH.
  2. ALL "CHECK WITH ME" PLAYS CAN BE CALLED ON "SET 1, 2 OR 3".
  3. A FORMATION WILL BE CALLED - THEN "CHECK WITH ME" 76/35
  4. THE QB WILL HAVE A MINIMUM NUMBER OF PLAYS FROM WHICH TO SELECT. THEY USUALLY WILL BE CALLED ACCORDING TO DEFENSIVE FRONTS OR COVERAGES.
  5. EXAMPLE OF "CHECK WITH ME" CALL FROM THE BENCH WOULD BE:
    - A. 0 SLOT OUT "76/35" ON 2.
  6. ANY COLOR CAN BE USED IN CADENCE. COLORS SHOULD BE CHANGED CONTINUOUSLY.
  7. EXAMPLE: HUDDLE CALL "6, CHECK WITH ME ON ONE".
 

"GREEN 36" (FLOW 36 IS DESIGNATED PLAY)

"GREEN 36"

(PAUSE) "SET"

"HUT" (BALL SNAPPED)

"HUT"
- 
8. THE USE OF THE "CHECK WITH ME" SYSTEM WILL BE DEPENDENT UPON THE SPECIFIC OPPONENT. VERSUS SOME TEAMS "CHECK WITH ME" WILL NOT BE PART OF THE GAME PLAN. VERSUS OTHERS IT WILL BE USED VERY EXTENSIVELY.
  9. NO HUDDLE PLAYS - I.E. TEXAS - CAN BE CALLED BY THE QB. THE CODE WORD ALERTS THE TEAM TO QUICKLY ALIGN ON THE BALL IN THE FORMATION CALLED BY THE QB. QB WILL THEN CALL THE PLAY AND SNAP COUNT WILL BE ON "2".
 

EXAMPLE: "TEXAS - TEXAS"

"0" - "35" = S-35

"0" - "35"

SNAP COUNT IS "2"

70

80

90

Semie-5-

100

45 89 6.7

---

- 

F=Teen's  
H=Odd &  
Even 30

2. All 40's are draws. (FB) --- "H" will designate HB-Draw
3. 50 thru 90 - Drop back passes. (50's = Blitz Audibles)
4. 100 Series - are play-action passes with the QB setting up behind the fake within the tackle box. (Example - Slant 135 )
5. 200 Series - are roll-out passes with the QB rolling out toward the faking back or backs. (Example - Flow 236).
6. 300 Series - are bootleg passes - with the QB rolling away from the faking back or backs. (Example - Flow 338).
7. 400 Series - are running play passes with the designated back (H-F) as the passer. (Example - Flow 438).
8. 500 Series - are screen passes - both play action and regular drop back screens. (Example - 582 Screen Right to F - F-536 Screen Left to H).
9. Special Passes - are passes that do not fit into any of the above categories. They will be given names or unused numbers. (Example - Flea Flicker Right).

## BASIC INFORMATION

### SPACING

#### Backfield or 2nd TE

- Normal (F) - Line up behind Quarterback with your toes 5 yards from the top of the ball.
- Strong - Line up in the direction of TE(Y) straddling inside leg of Offensive Tackle with your toes 5 yards from the ball.
- Weak - Line up to side away from TE(Y) straddling inside leg of Offensive Tackle with your toes 5 yards from the ball.
- Up - Position yourself 1 yard outside Offensive Tackle to weakside and 1 yard deep off the LOS.
- Half - Position yourself between Tackle and X 1 yard deep off LOS.
- Split - Position yourself as a Wide Receiver opposite the TE(Y) and outside the X on the LOS.
- On (F) - Align in a tight X position with a 2 foot split from the Tackle.
- Flood - Position yourself 1 yard outside TE(Y) and 1 yard off the LOS.
- Box (F) - Align to TE side on LOS - Take a 1 yard split to allow TE to align between you and Offensive Tackle.
- Out - Position yourself as a Wide Receiver to the TE(Y) side off the LOS.
- Load - Position yourself 1 Yard outside Flood.

---

Trips - Position yourself as a wide receiver 1 yard off LOS Between Y & Z.

#### HALFBACK - H

- 0 Line up in a 2 point stance behind the Quarterback.  
Depth will vary from 5 to 7 yards depending on play and assignment.
- 2/6 - Line up to side away from TE (Y) straddling inside leg of Tackle with your toes 5 yards from the ball.
- 8 - Line up to the side of the TE(Y) straddling inside leg of Tackle with your toes 5 yards from the ball.

# BASIC INFORMATION

## SPACING (continued)

### SPLIT END - X

- Normal - Ball on far hash - Inside edge of numbers.  
Ball in middle of field - Middle of numbers.  
Ball on near hash outside edge of numbers.
- Tight - 1 to 3 feet from Tackle.
- Near - 1 to 3 yards from Tackle.
- Open - 3 to 6 yards from Tackle.
- Split - Position yourself between OT and back 1 yard off LOS

### FLANKER - Z

- Normal - Ball on far hash - Inside edge of numbers.  
Ball in middle of field - Middle of the numbers.  
Ball on near hash outside edge of numbers.
- Close - 1 to 3 yards from Y - 1 yard off LOS.
- Flank - 3 to 6 yards from Y - 1 yard off LOS.
- Slot - Align halfway between X and Offensive Tackle -  
1 yard off LOS.
- Over - Align outside of X - 1 yard off LOS.
- I - Align 6 yards deep behind QB in Backfield.

### TIGHT END - Y

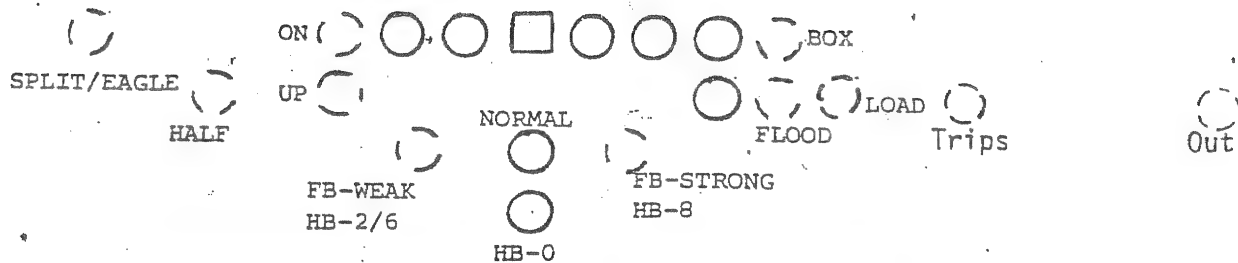
- Normal - 2 foot split from Tackle.
- Off/Box - Position yourself 1 yard off LOS in normal position  
for formation called.
- Flex - Position yourself 2 to 5 yards from Tackle.
- Wide - Position yourself like a normal X or Flanker.
- Move - Position yourself behind Quarterback - In preparation  
for going in motion.

# PERSONNEL COMBINATIONS

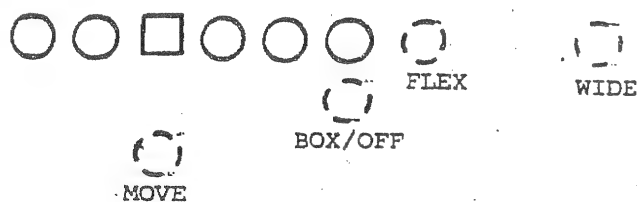
1. Regular - 2 Backs, 2 WR's, 1 TE
  2. Out/3 Wides - Same As Regular with Designated Backs
  3. Two Tites - 2 Backs, 1 WR, 2 TE's (One Designated X or Z Depending on Formation)
  4. Detroit - 1 Back, 2 WR's, 2 TE's (One Designated as F)
  5. Heavy - 1 Back, 1 WR (Z), 3 TE's (One as X, One as F)
  6. Load - 1 Back, 1 WR (X), 3 TE's (One as Z, One as F)
  7. Short Yardage - 2 Backs, 2 TE's, A Specified Player as Z
  8. Goal Line - 2 Backs, 3 TE's (One as X, One As Z)
  9. Sub - 1 Back, 1 TE, 3 WR's (May Be Used On Any Down)
  10. 4 Wides - 1 Back, 4 WR's
  11. Gun - 2 Backs, 3 WR's
  12. 5 Wides
-

POSITION VARIATIONS

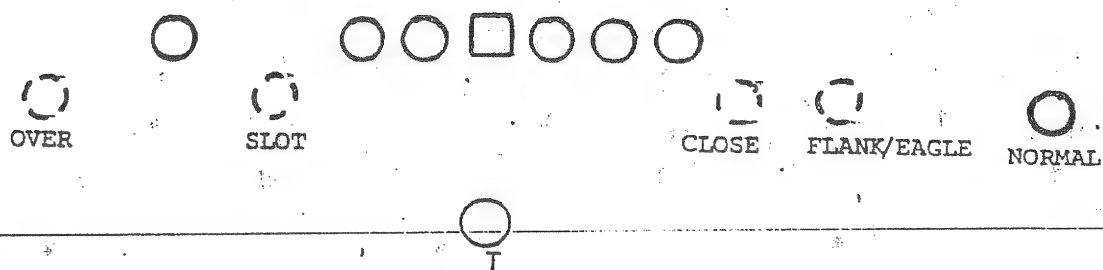
Backfield or 2nd TE



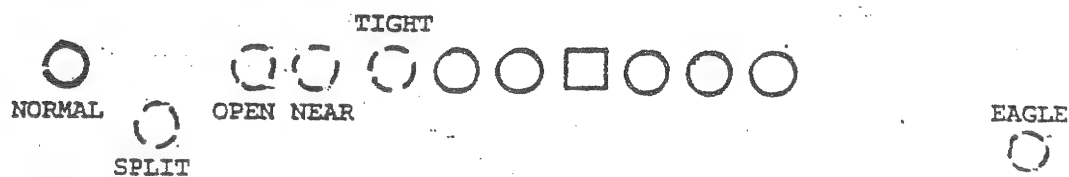
Y Positions



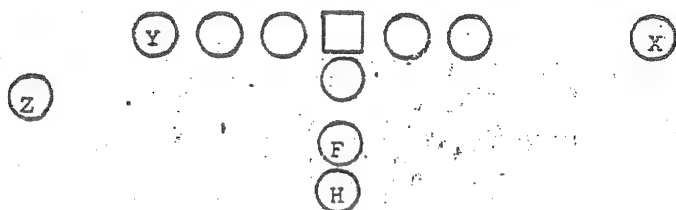
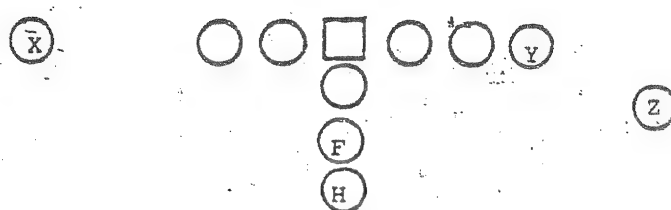
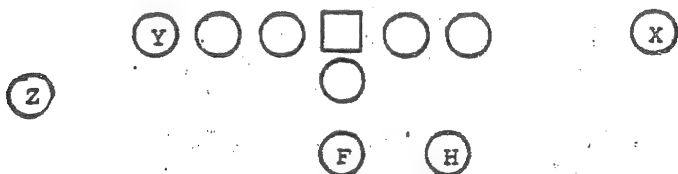
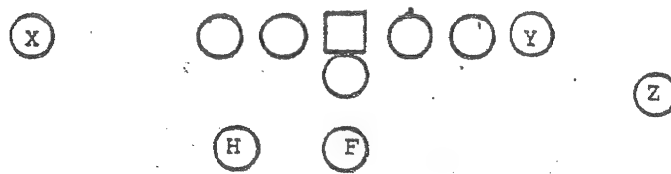
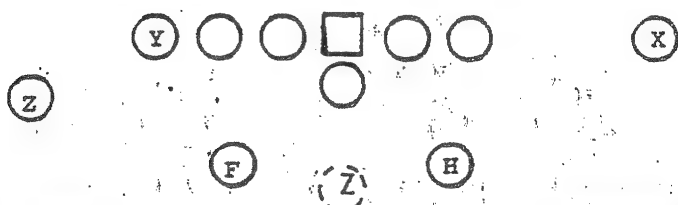
Z Positions



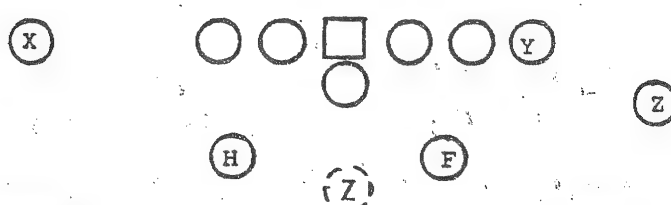
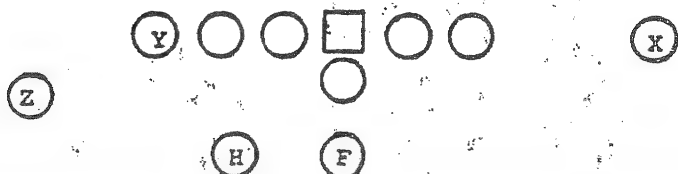
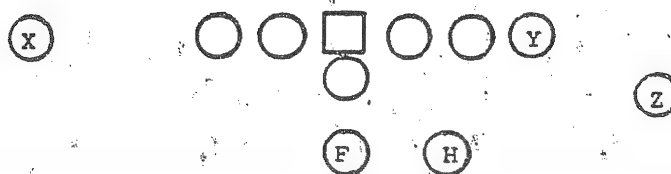
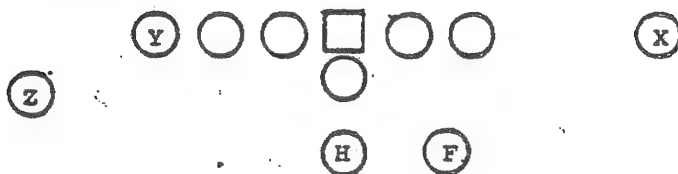
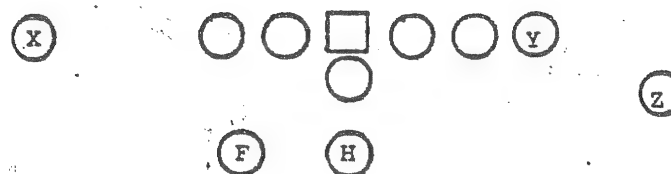
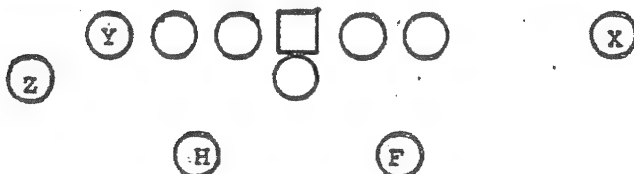
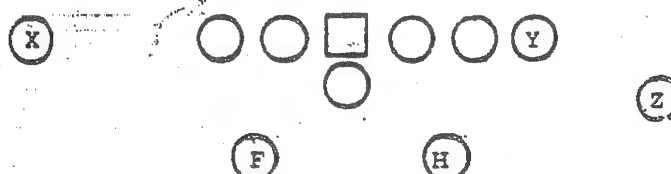
X Positions



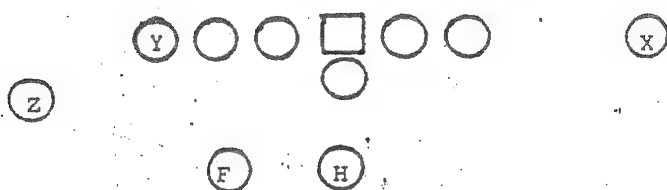


1 - (I Backs)0 - (I Backs)3 - (F in Middle, H Weak Side)27 - (Split Backs) (T-Left)6

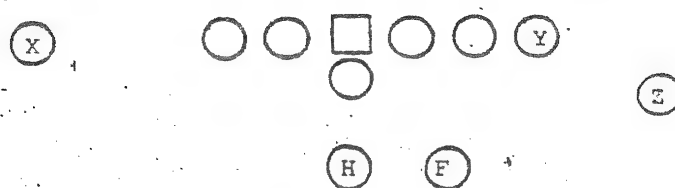
(T-Right)

9 - (F in Middle, H Strong Side)83 Change - (H in Middle, F Weak Side)2 Change7 Change - (Split Backs H Strong, F Weak)6 Change

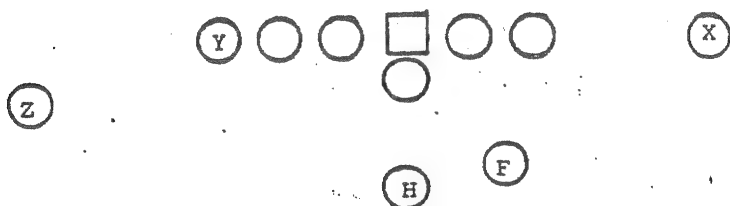
9 Change



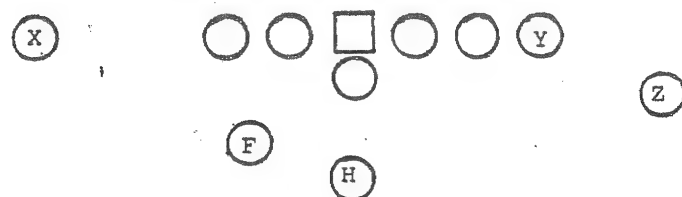
8 Change



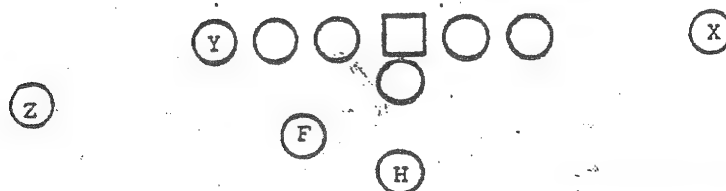
1 Wk



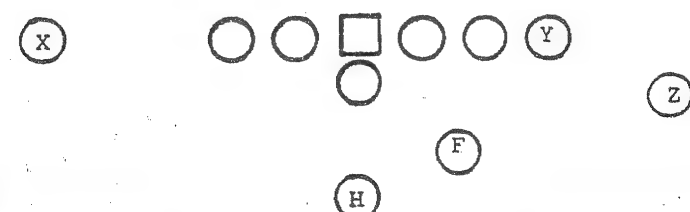
0 Wk



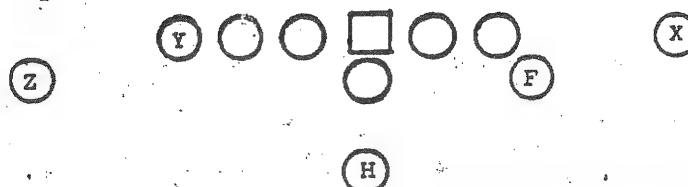
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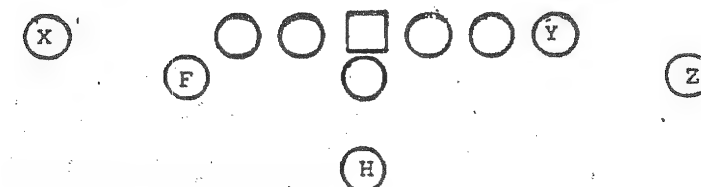
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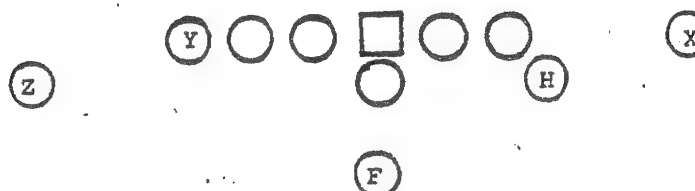
1 Up



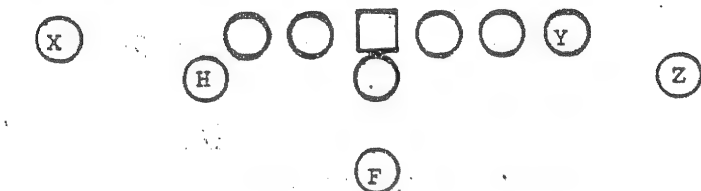
0 Up



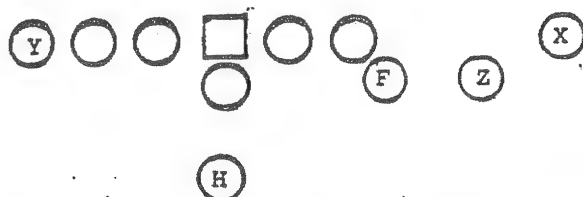
3 Up



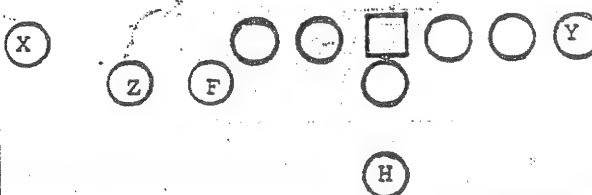
2 Up



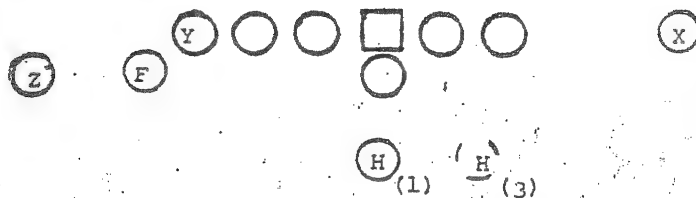
1 Up Slot



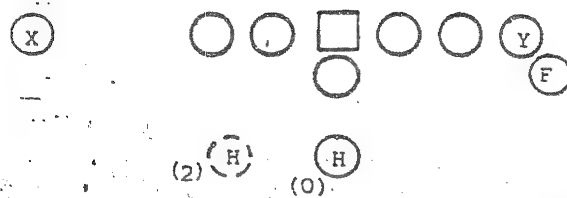
0 Up Slot



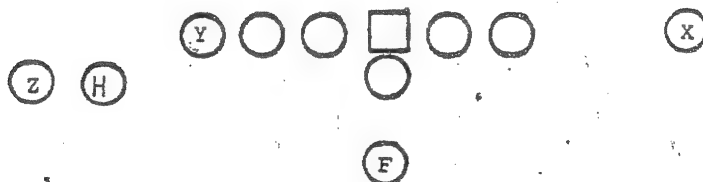
1 Flood (F in Flood Position to Strong Side)  
(3 Flood)



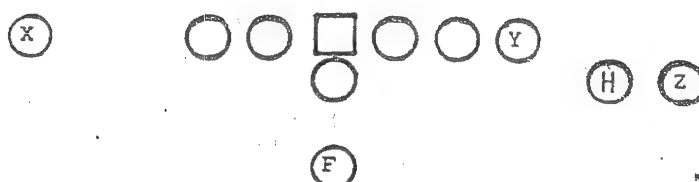
0 Flood  
(2 Flood)



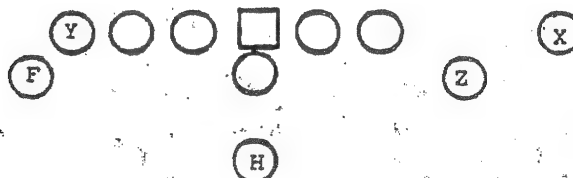
1 Trips



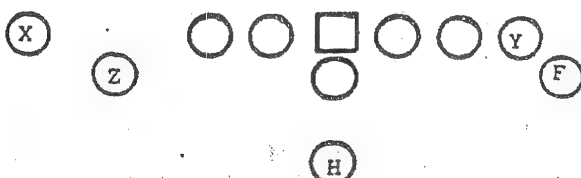
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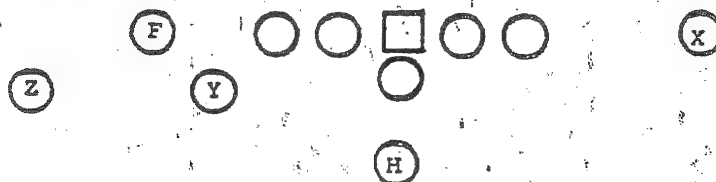
1 Flood Slot



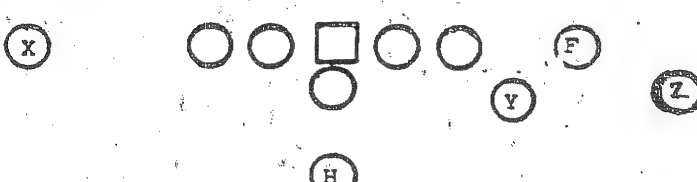
0 Flood Slot



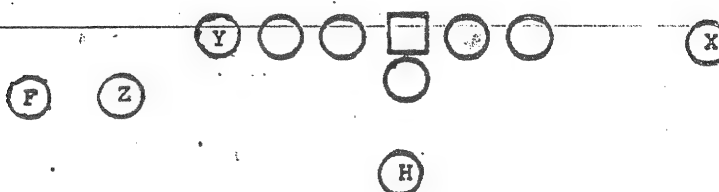
1 Box (F on Line, Y in Slot)



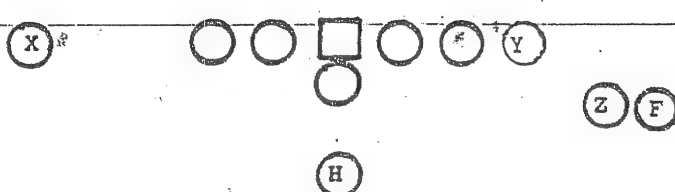
0 Box



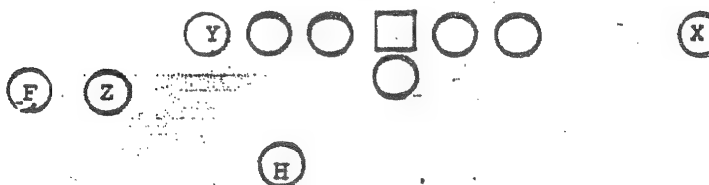
1 Out (Y On Ball, F Off Line)



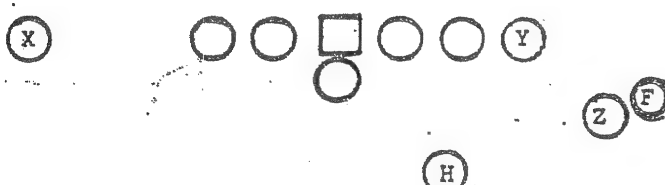
0 Out



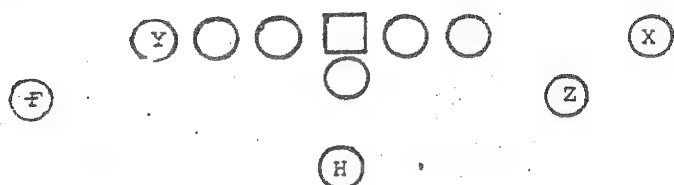
9 Out (Y On Ball, F Off Line, H Offset Strong)



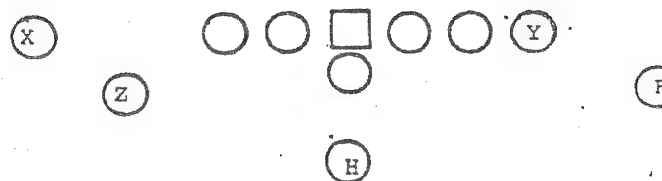
8 Out



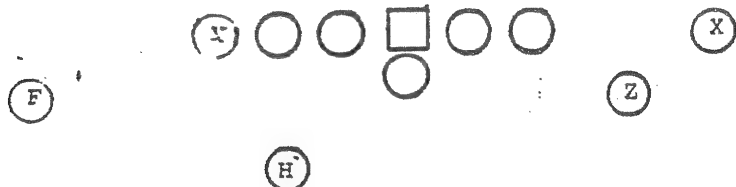
1 Slot Out



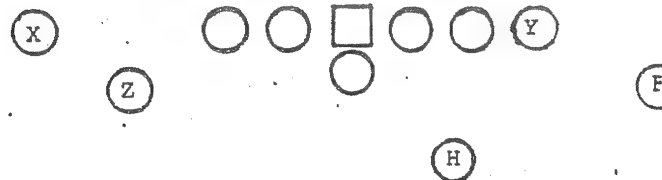
0 Slot Out



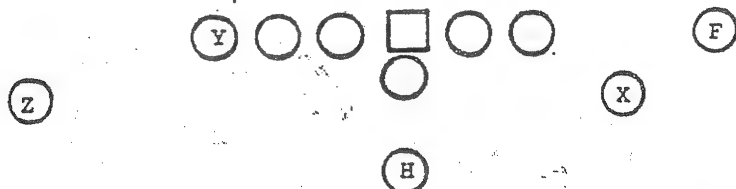
9 Slot Out



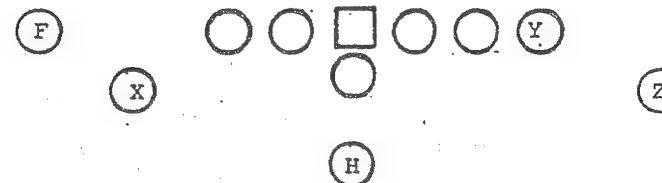
8 Slot Out



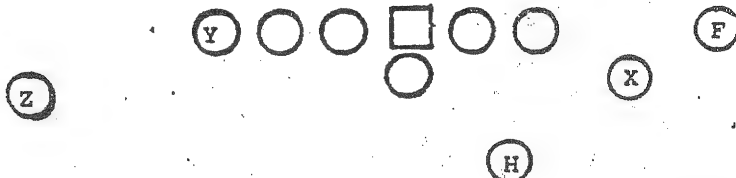
1 Split (F to Weakside, On LOS, Outside X)



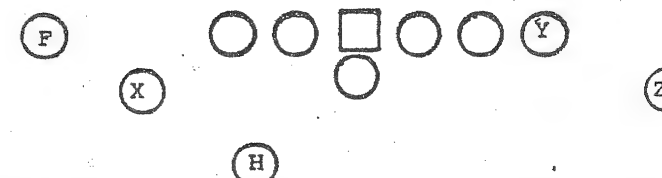
0 Split



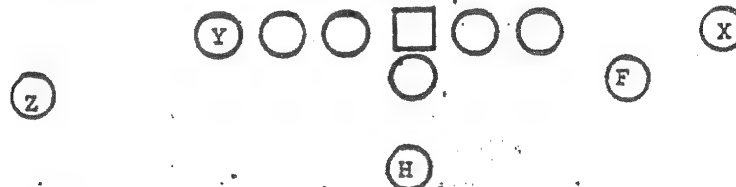
3 Split (F To Weakside, H Offset Weak)



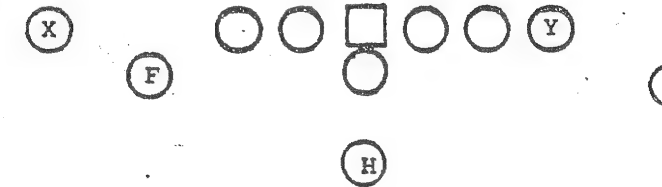
2 Split



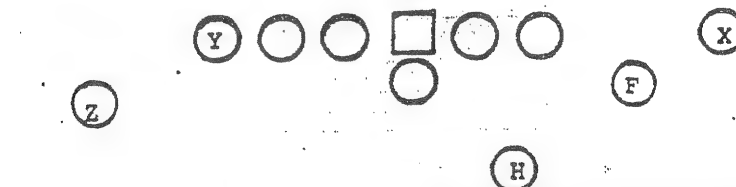
1 Half (F Halfway Between X and OT)



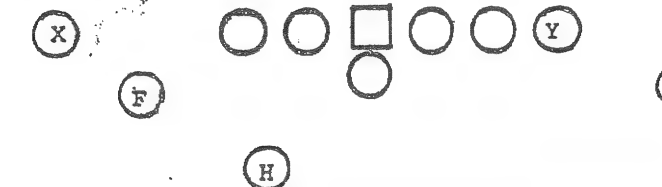
0 Half



3 Half (H Offset Weak)

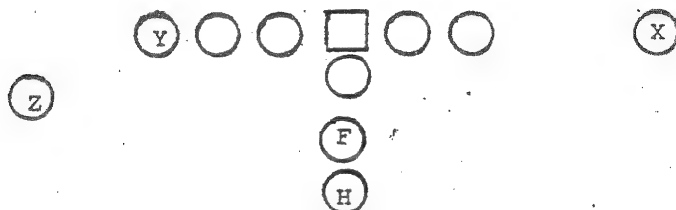


2 Half

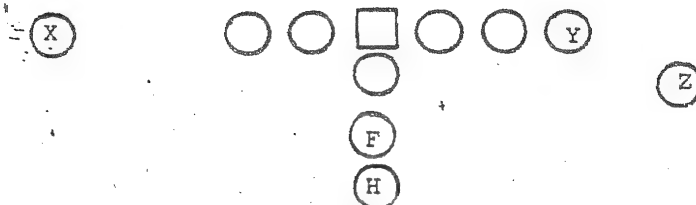




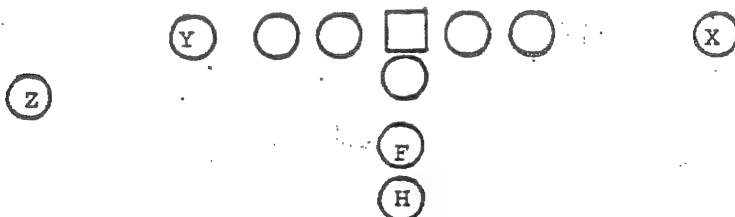
1 Flank (Z in a 3-6 Yard Split)



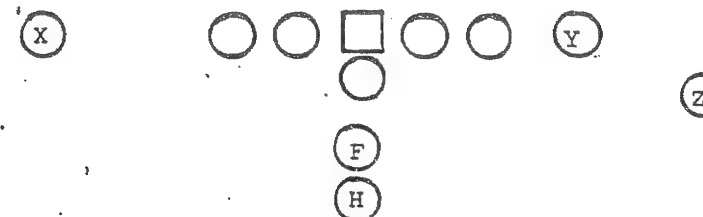
0 Flank



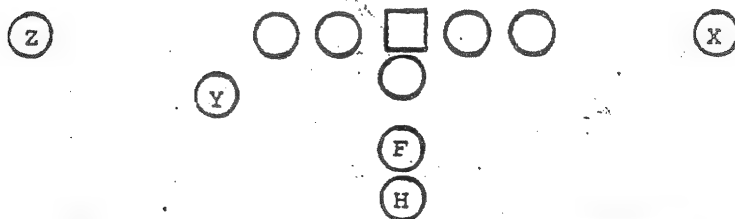
1 Flex (Y in a 1-3 Yard Split)



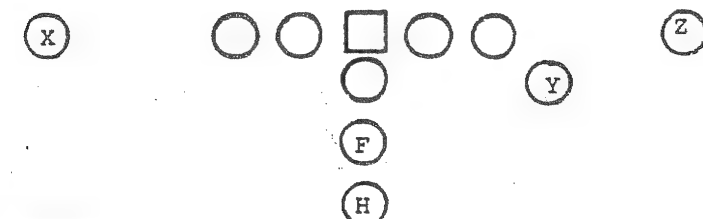
0 Flex



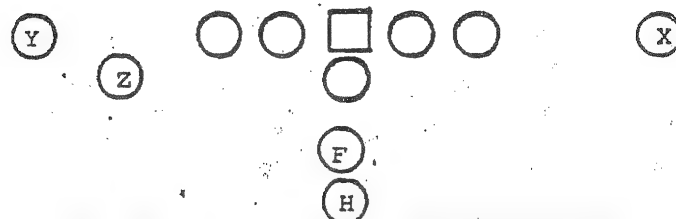
1 Off (Y 1 Yard off LOS)



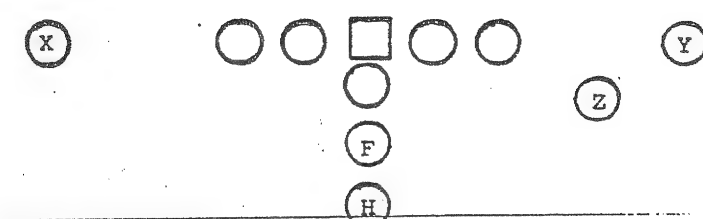
0 Off



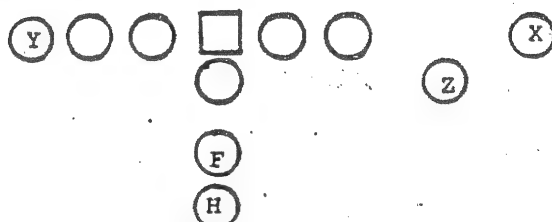
1 Wide (Y Wide, Z in Slot)



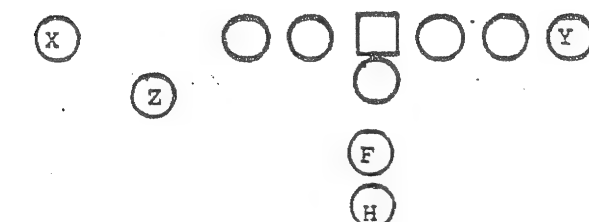
0 Wide



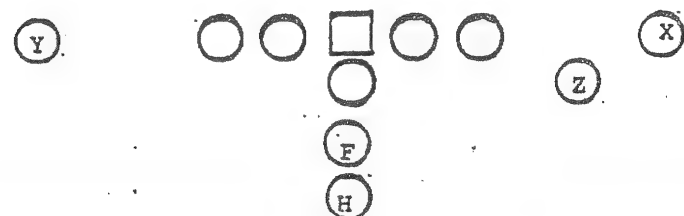
1 Slot (Z in Slot)



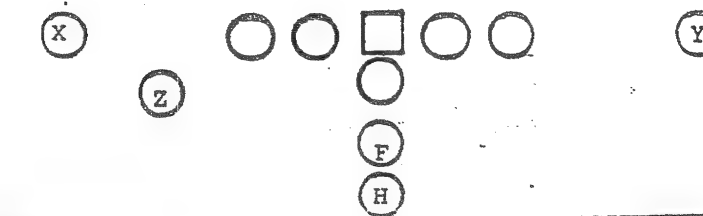
0 Slot



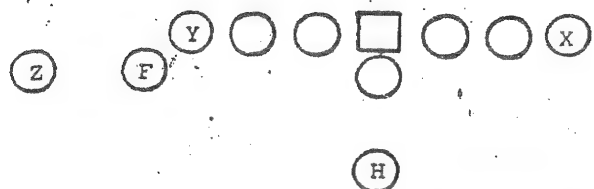
1 Slot Wide



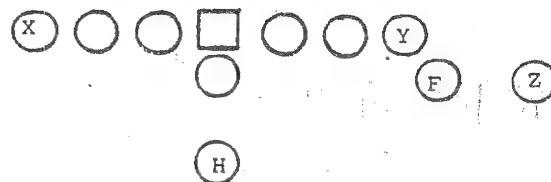
0 Slot Wide



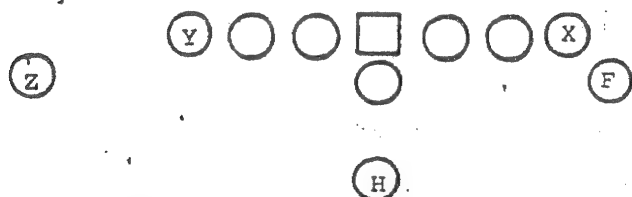
Heavy Lt



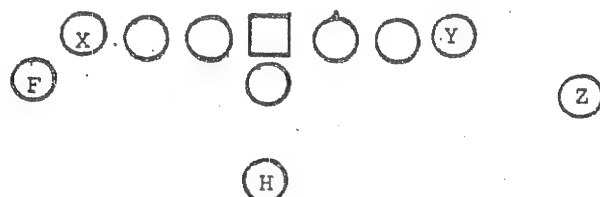
Heavy Rt



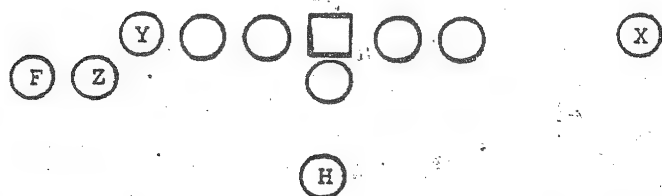
Heavy Lt Flip



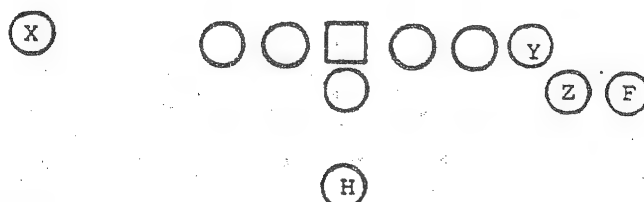
Heavy Rt Flip



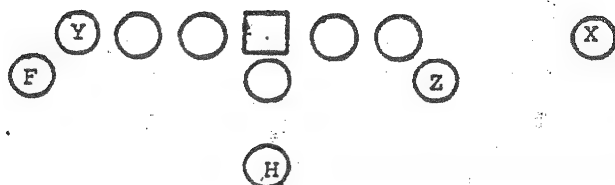
Load Lt



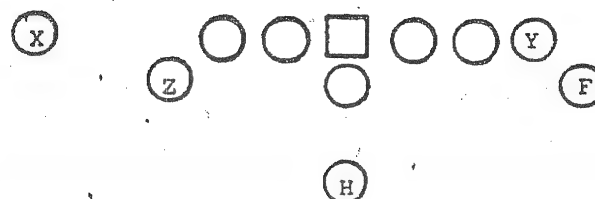
Load Rt



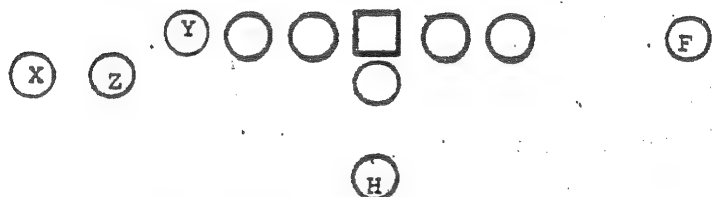
Double Lt



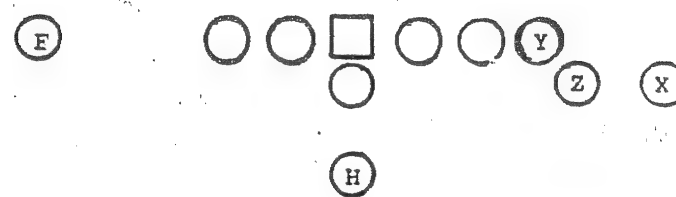
Double Rt



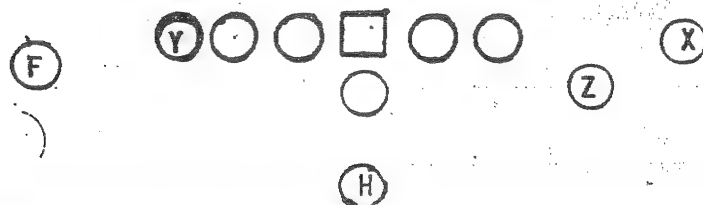
Eagle Lt



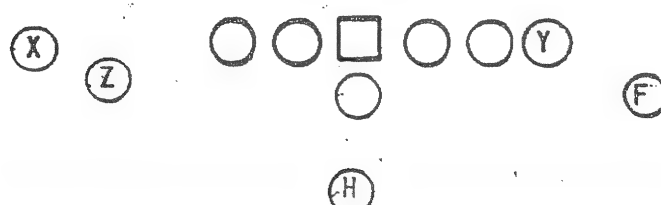
Eagle Rt



ISO (3W's)



OSO (3W's)



(Half Motion - Not crossing the formation toward the TE)

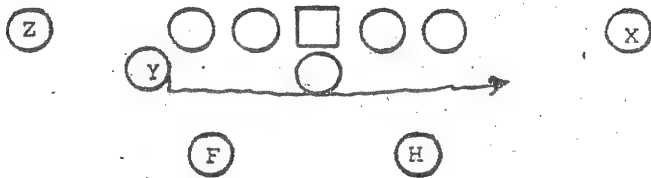
MOTION - FLY  
ZIP

ZIP - Deep Motion Behind Backs  
Faking Run.

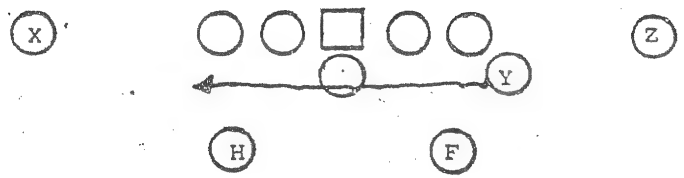
(Half Fly - Not crossing the formation away from TE)

19.

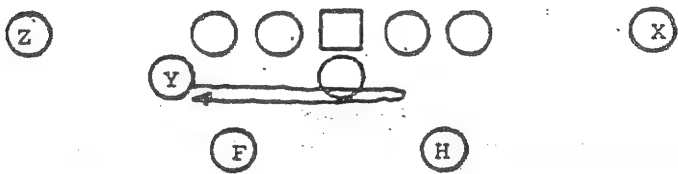
7 Off Y Fly



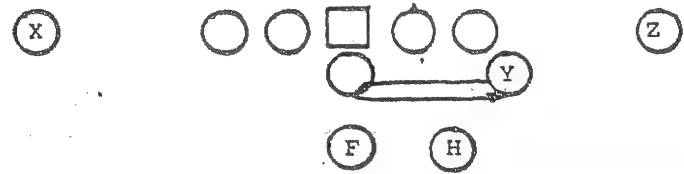
6 Off Y Fly



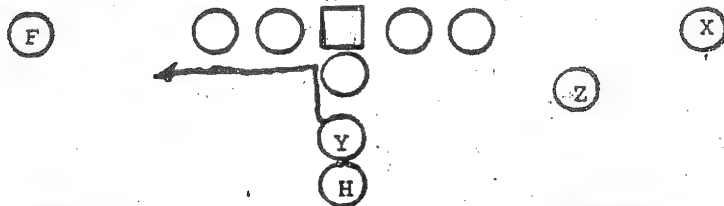
Y Peel 7



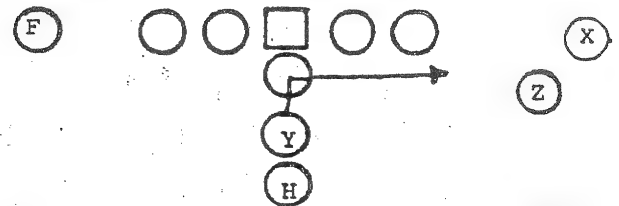
Y Peel 8



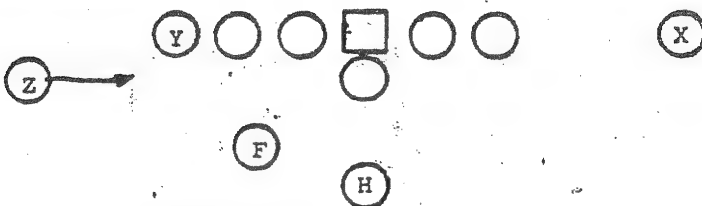
Move 1 Slot Out



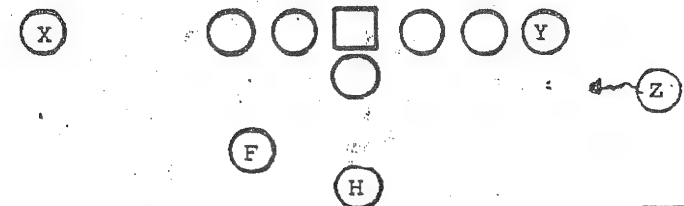
Move Eagle Right



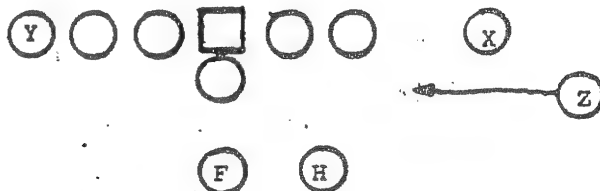
- Strong Z Half Fly



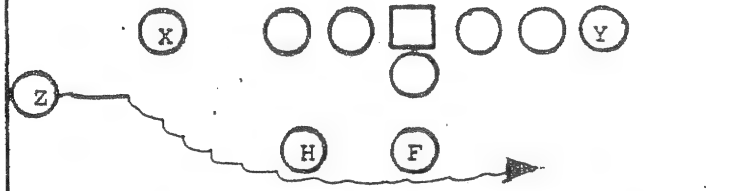
0 Weak Z Half Fly



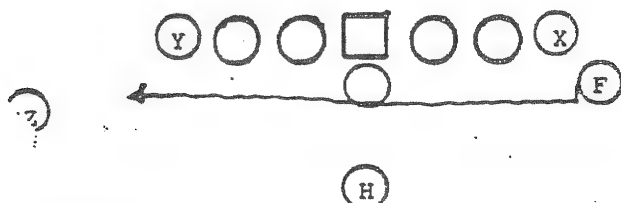
3 Slot Z Half Motion



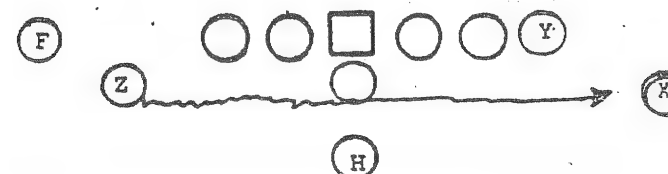
2 Slot- Zip



F Motion Heavy Left



Z Motion Eagle Right



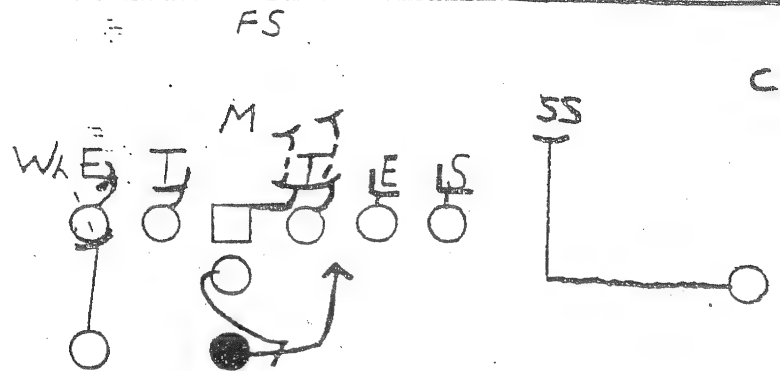


FORMATIONS

0, 2, 8,

Z 1 Fly, Peel  
Z Fly Tite  
Z Motion

CP: S-14 Fan Weak



BASE SLIP

**BALL CARRIER:** Lead Step - Explode off Mesh Point - Read OT's Block - Run to Daylight - C.P. - 4 - 2 - 3 Read

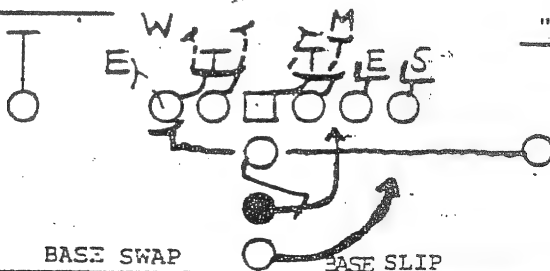
**BACK :** Block Outside Man

**Y :** Explode into Sam - Drive - Work for Inside Position - Alert Calls

**X :** Block Deep 1/3

**Z :** Block Force by Motion or Fly / Cut Off

4-4

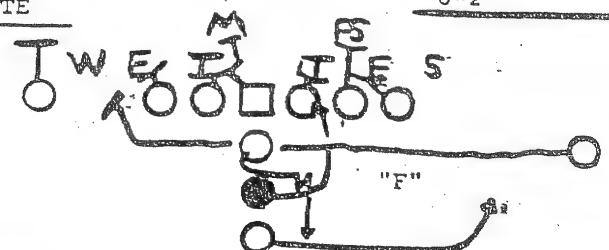


BASE SWAP

BASE SLIP

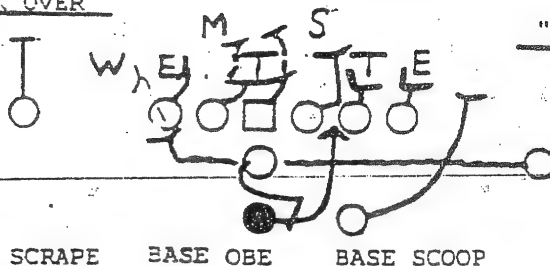
"0" Z FLY TITE

6-2



"F"

STACK OVER



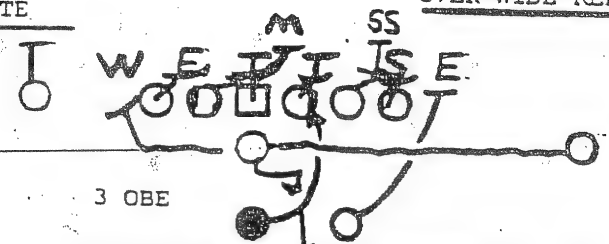
SCRAPE

BASE OBE

BASE SCOOP

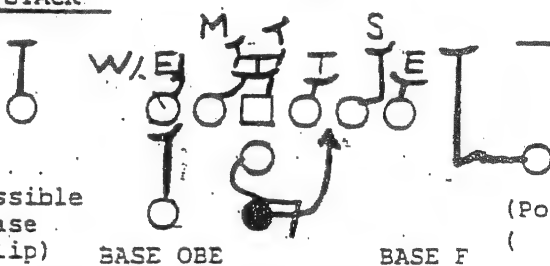
"8" Z FLY TITE

OVER WIDE RED.



3 OBE

OVER STACK



(Possible  
Base  
Slip)

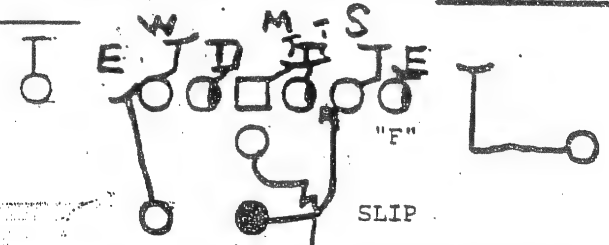
BASE OBE

BASE F

(Possible)  
( X )

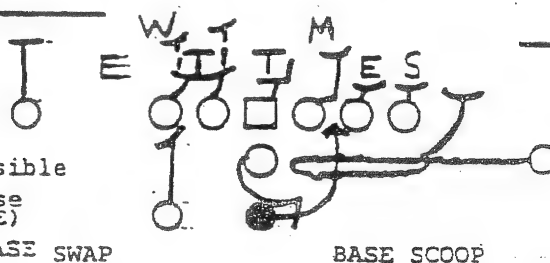
"2" Z 1 FLY

OFF SET ST.



SLIP

UNDER



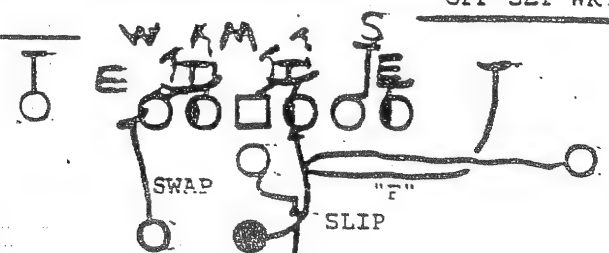
(Possible  
Base  
OBE)

BASE SWAP

BASE SCOOP

"2" Z PEEL

OFF SET WK.



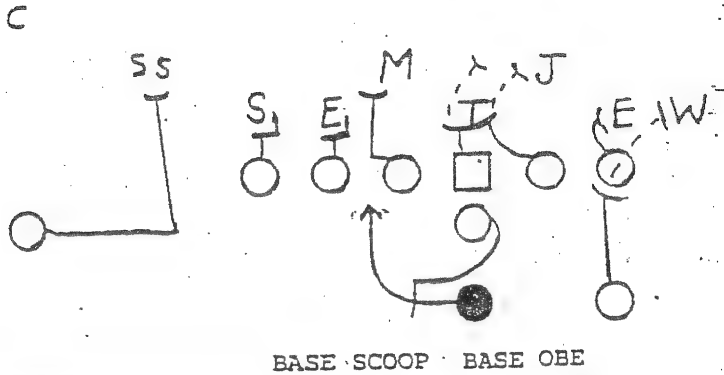
SWAP

"F"

SLIP

FS

QB CHECK OFF:

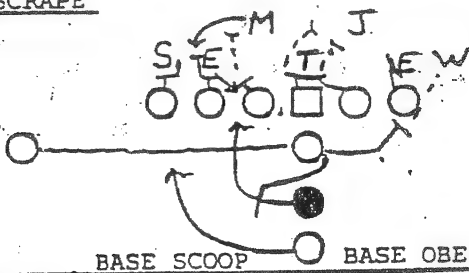
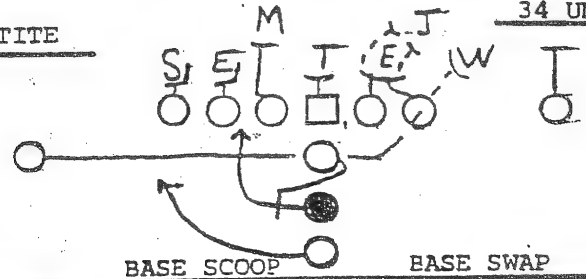
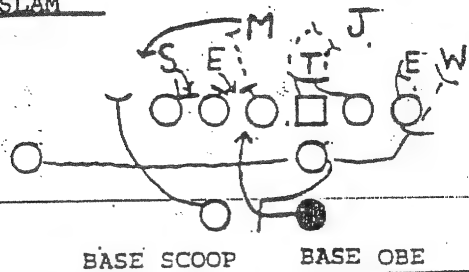
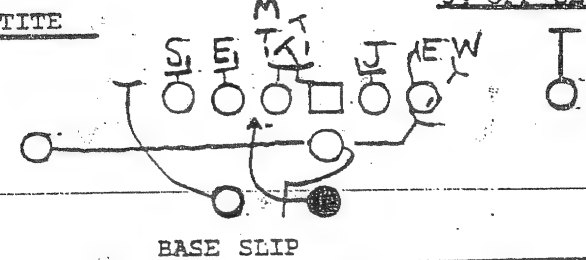
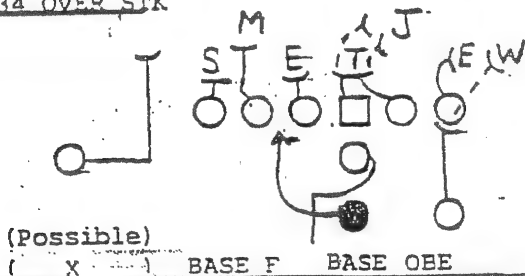
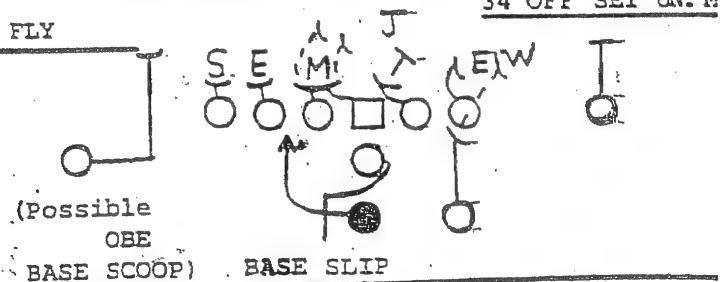
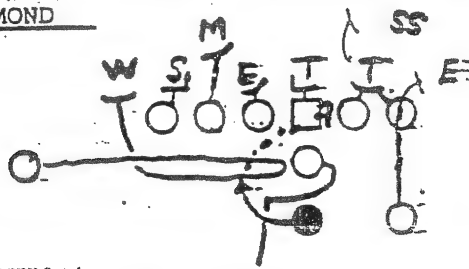
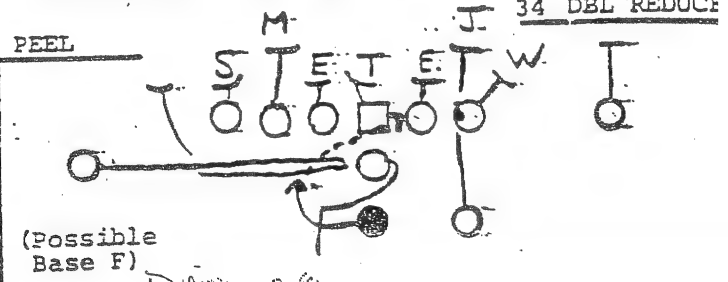


INTO:

OUT OF:

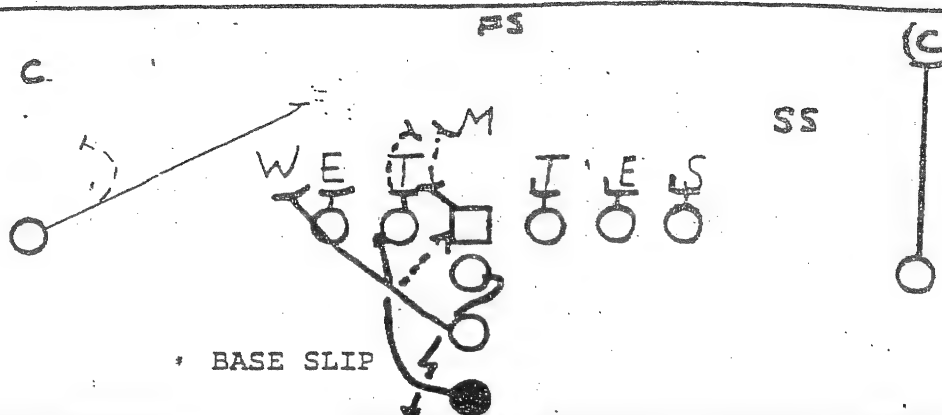
QB ACTION AND ALERTS:

Reverse Pivot - Get ball deep to ball carrier quickly -  
Fake Slant 114/115 after hand off

34 SCRAPE"1" Z FLY TITE34 UNDER34 SLAM"9" Z FLY TITE34 OFF SET OV. J34 OVER STK"3" Z 1 FLYDIAMOND"3" Z PEEL34 DBL REDUCE

## FORMATIONS (2 Back)

0  
0 Wk  
8  
6 Change  
Z-Motion  
Z-Peel



BALL CARRIER: Open Step - Read blocking scheme for Break

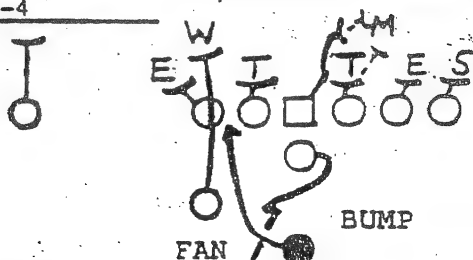
BACK : Wk Guard Covered = Block Will LB - Wk Guard Bubble = Fan

Y : Explode inside the # of Man On and Seal - Alert Calls

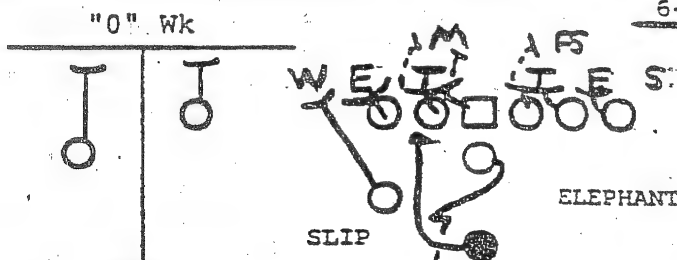
X : Block Force

Z : Block deep 1/3

4-4

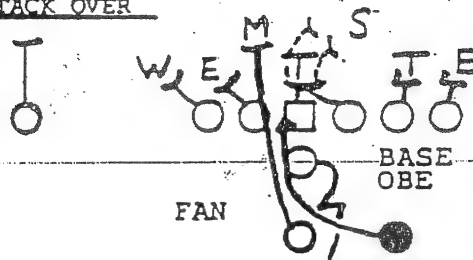


"0" Wk

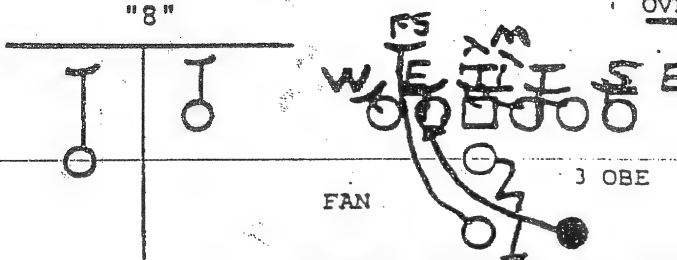


6-2

STACK OVER

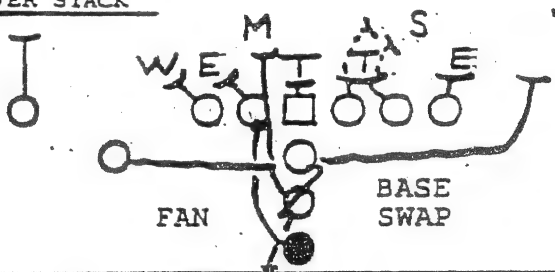


"8"

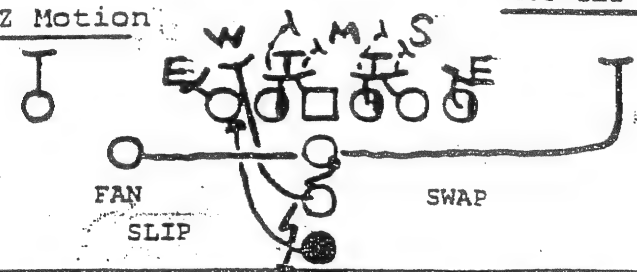


OVER WIDE RE

OVER STACK

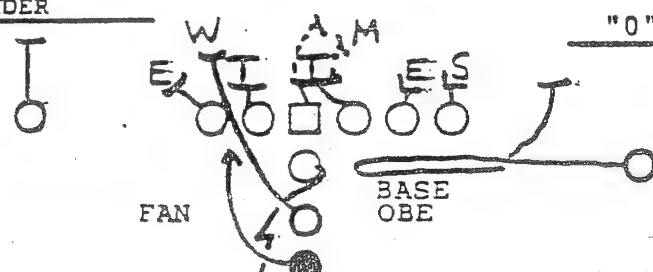


"0" Slot Z Motion

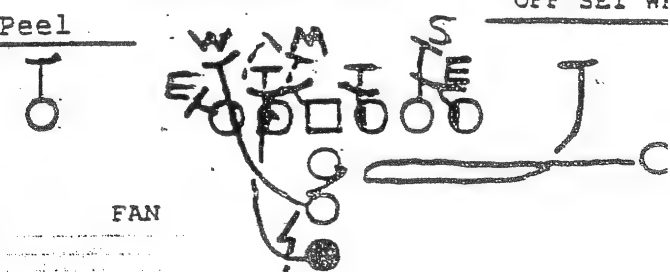


OFF SET SI

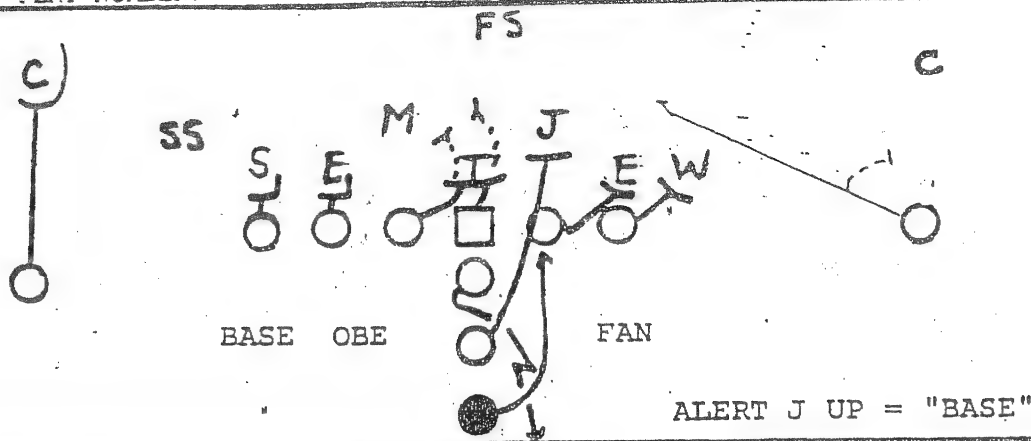
UNDER



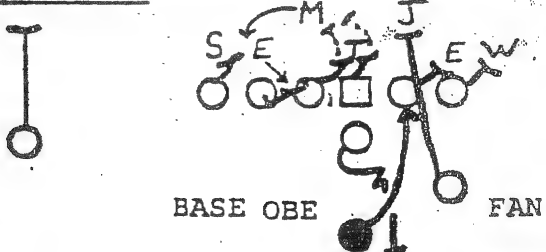
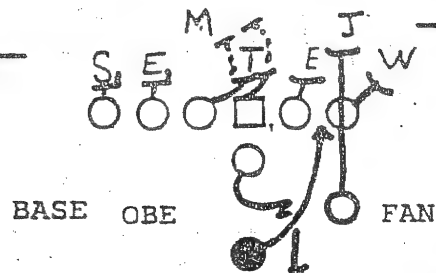
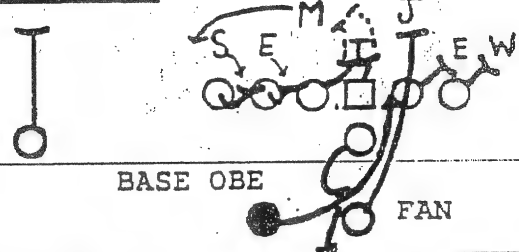
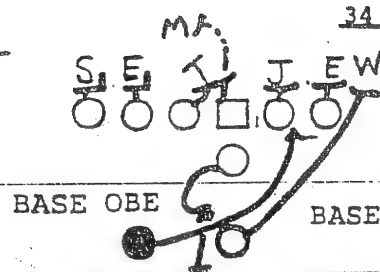
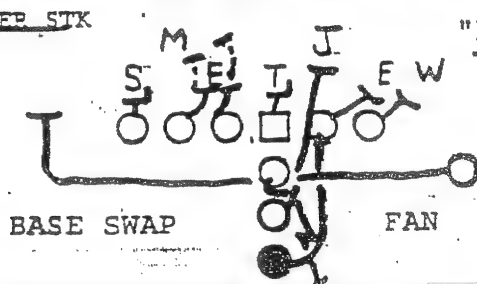
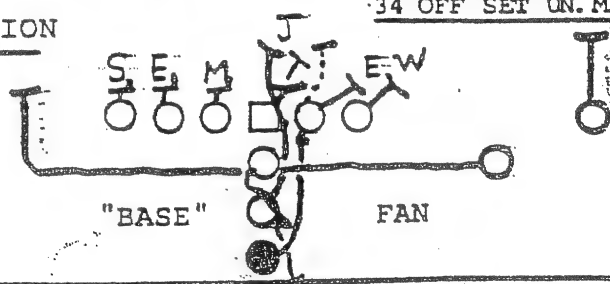
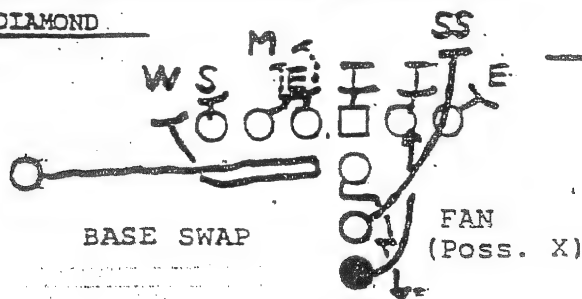
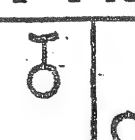
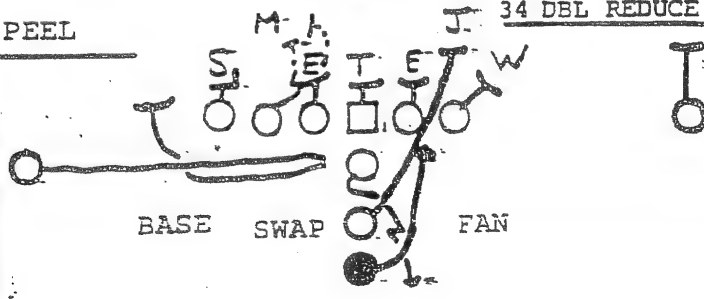
"0" Z Peel



OFF SET WI

QB ACTION AND ALERTS:

Reverse Pivot to ball carrier - Get ball to him deep -  
Continue Fake '134/135 play action

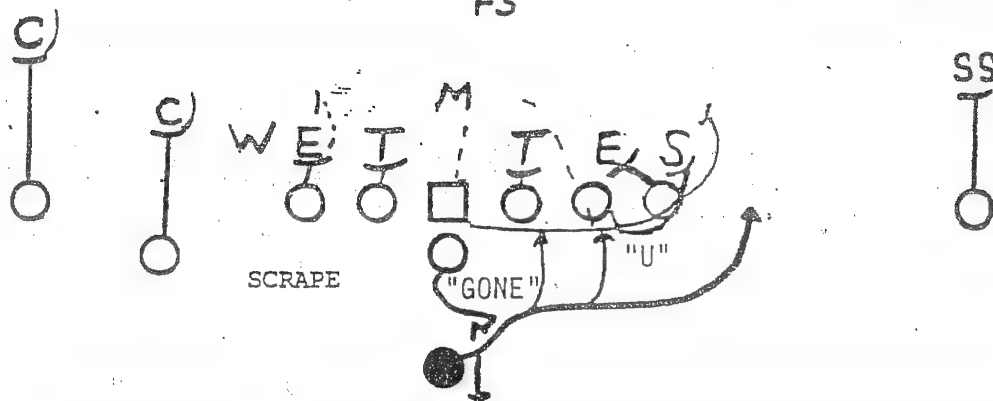
34 SCRAPE"1" WEAK34 UNDER34 SLAM"9"34 OFF SET OV. J.34 OVER STK"1" SLOT Z MOTION34 OFF SET UN. M.DIAMOND"1" Z PEEL34 DBL REDUCE

PLAY NUMBER: SLANT 38

BASIC BLOCKING:

## FORMATIONS

O-Out (ZFT)  
 O-Slot Out (Z-Peel)  
 Eagle Rt (ZFT)



BALL CARRIER: Open Angle Lead - Read Block of Tight End - Read 4, 6, 8

BACK : Block Man On - SS/Corner Force C.P. s

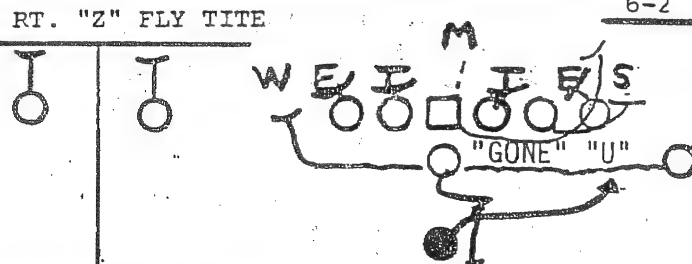
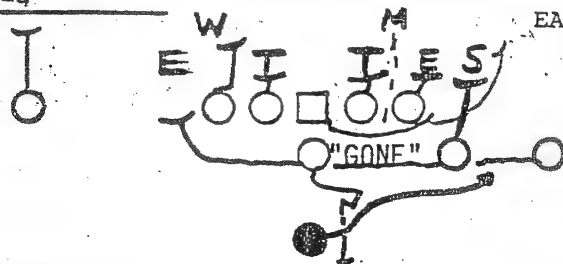
Y : Base Block SLB/DE - Wall Off and Sustain - Alert Calls

X : Block Deep 1/3 - CP - Detroit Block Force

Z : Block Man On - SS/C

4-4

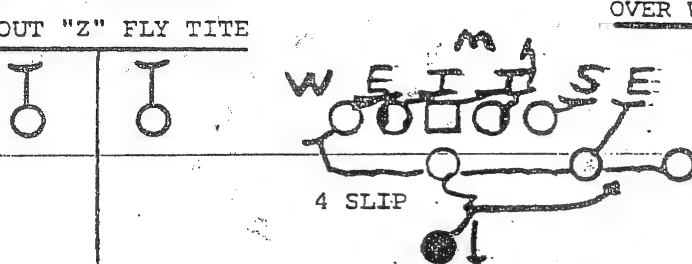
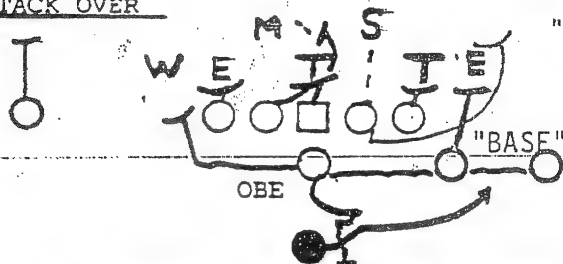
6-2



STACK OVER

"O" OUT "Z" FLY TITE

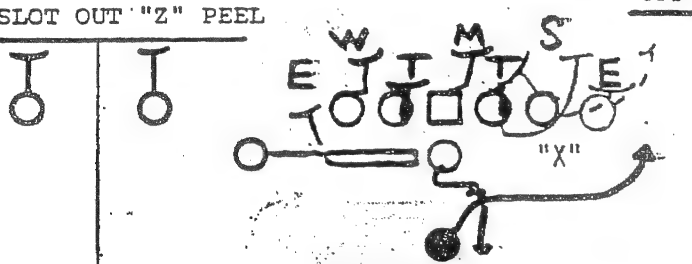
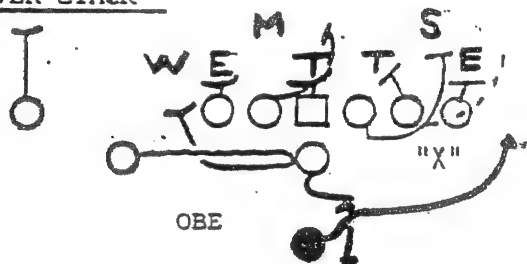
OVER WIDE RED.



OVER STACK

"O" SLOT OUT "Z" PEEL

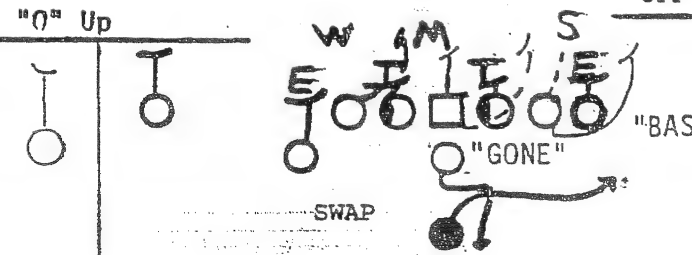
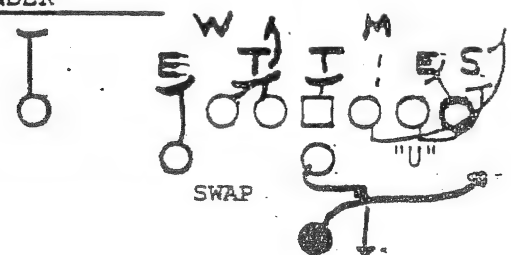
OFF SET ST.

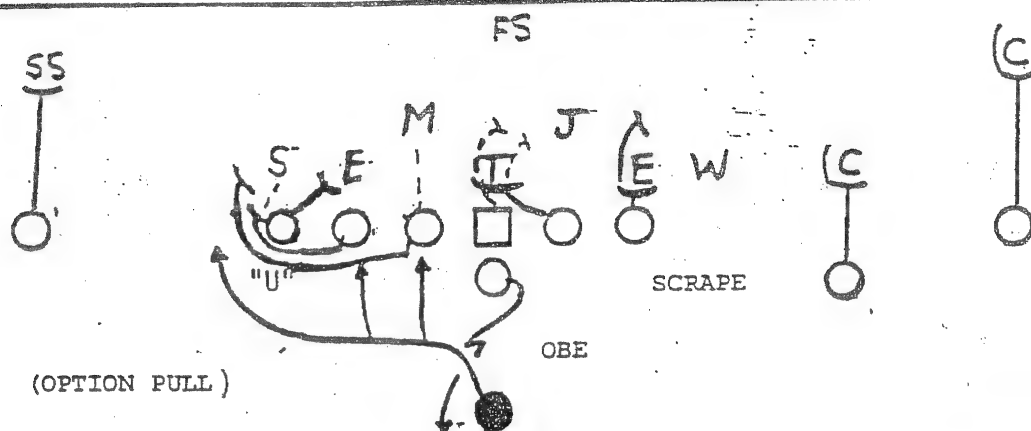


UNDER

"O" Up

OFF SET WK.





QB CHECK OFF:

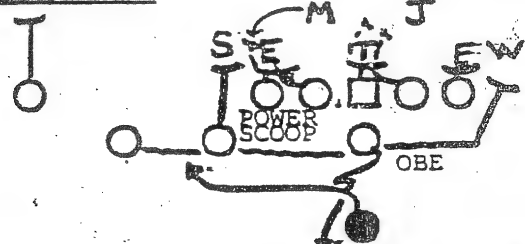
INTO:

OUT OF:

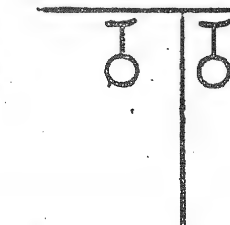
QB ACTION AND ALERTS:

Reverse Pivot - Get Ball Deep to Ball Carrier Quickly -  
Set up for Play Action

34 SCRAPE



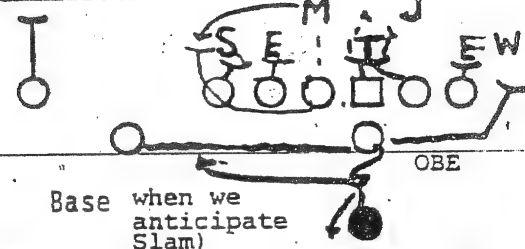
EAGLE LT. "Z" FLY TITE



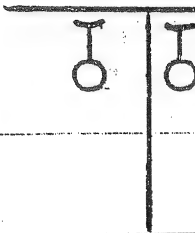
34 UNDER



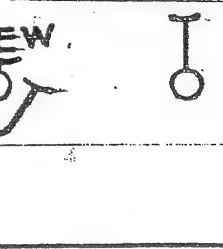
34 SLAM



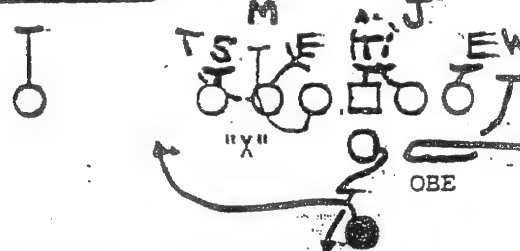
"1" OUT Z FLY TITE



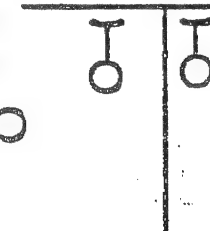
34 OFF SET OV.



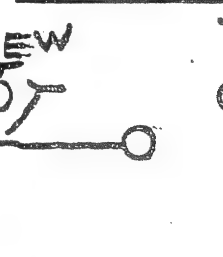
34 OVER STK



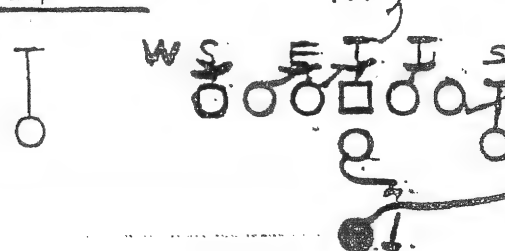
"1" SLOT OUT "Z" PEEL



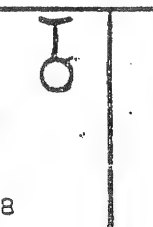
34 OFF SET IN.



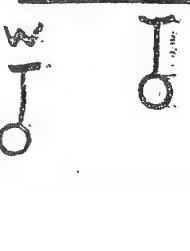
Hips



"1" Out



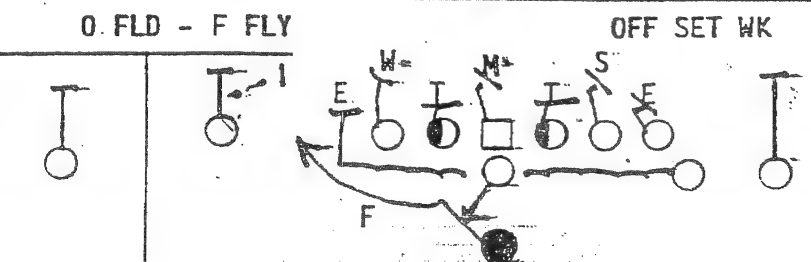
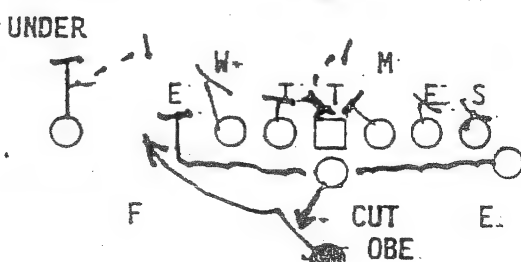
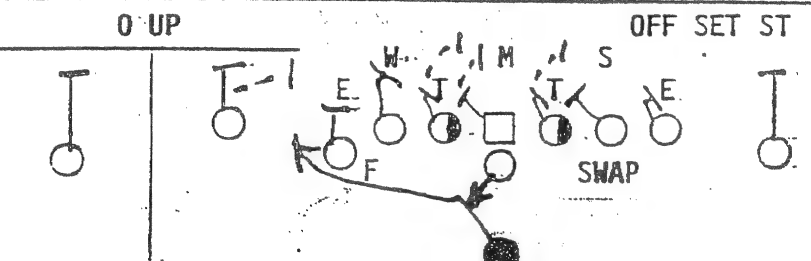
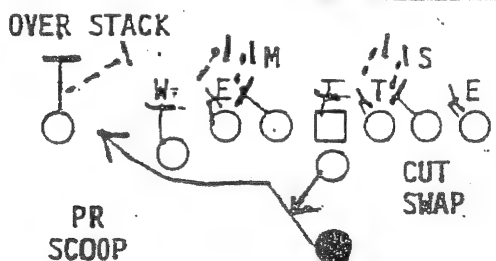
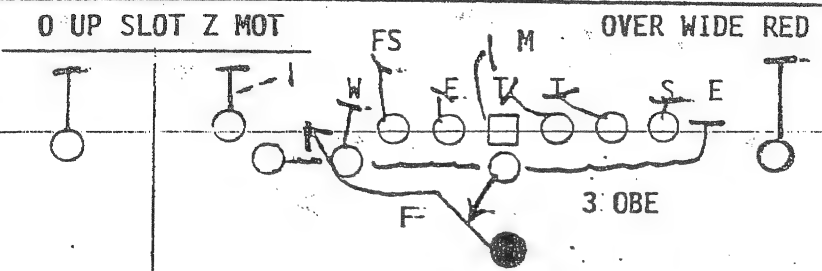
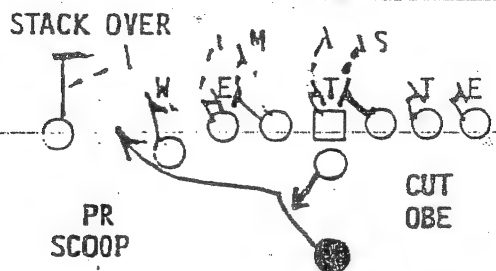
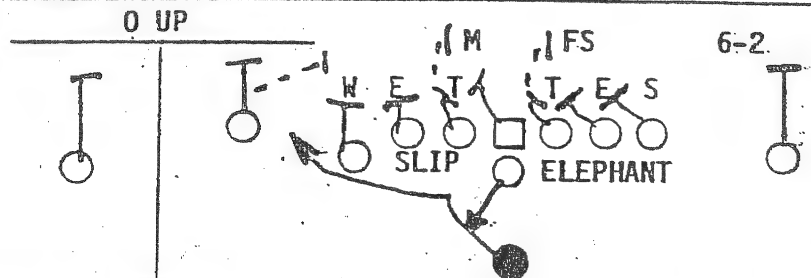
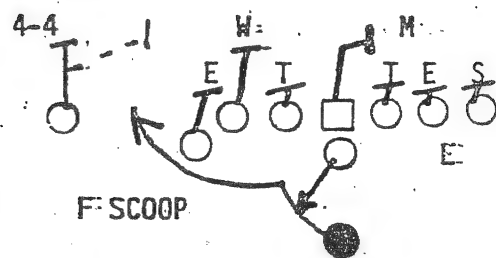
34 OVER UNDER

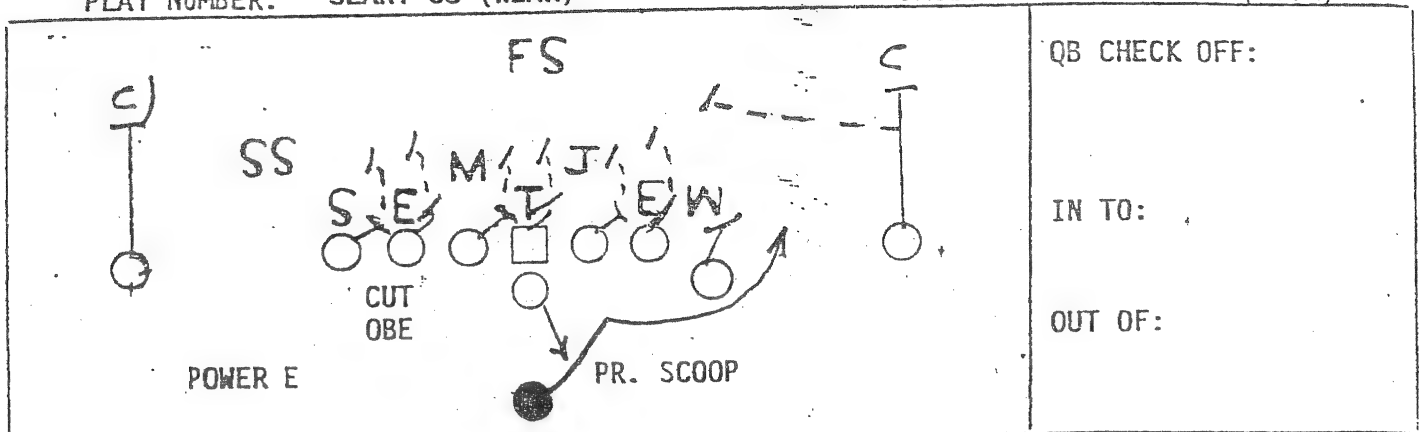


Hand-drawn diagram of a power system. The diagram includes several nodes (circles) and lines (solid and dashed). Labels include: FS (top center), SS (top right), WE (middle left), TA (middle left), M (middle left), AT (middle right), ELS (middle right), PR (bottom left), SLIP (bottom left), and POWER E (bottom right). Arrows indicate flow or direction, with one arrow pointing from a node towards the bottom left and another pointing from a node towards the bottom right.

Speed to Outside - 5,7,9 Read

Z: Block deep 1/3

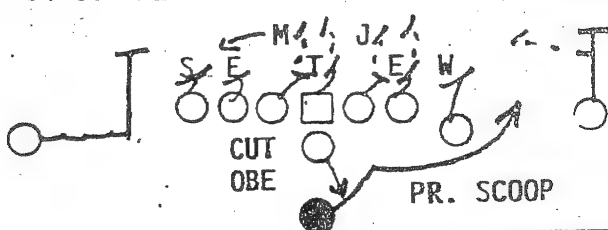




## QB ACTION AND ALERTS:

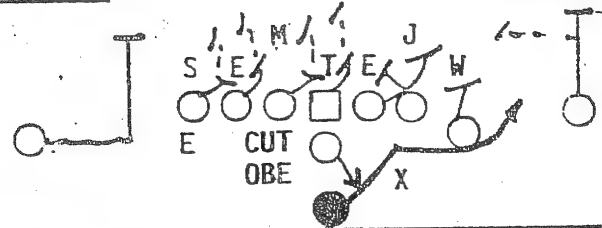
Open Step - Get ball deep and wide to Back. Continue to set up

## 34 SCRAPE

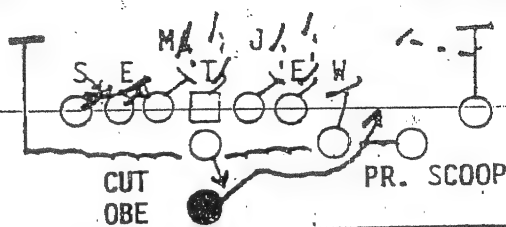


## 1 UP Z ½ FLY

## 34 UNDER

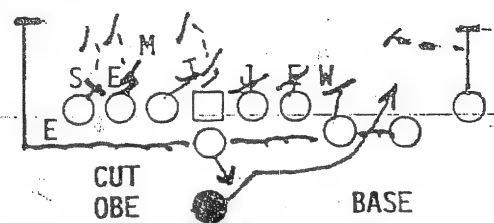


## 34 SLAM

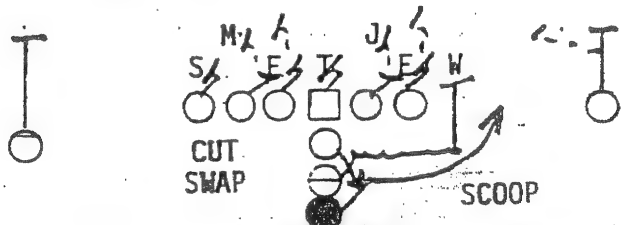


## 1 UP SLOT Z MOTION

## 34 OFF SET ON J

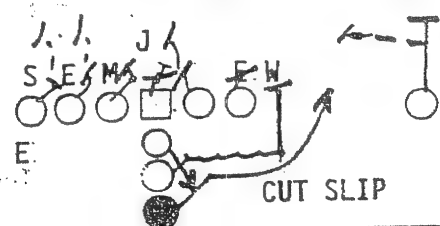


## 34 OVER STACK



## "1" F FLY

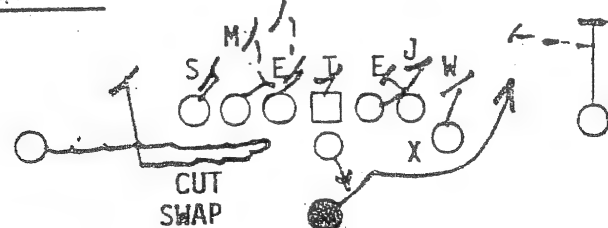
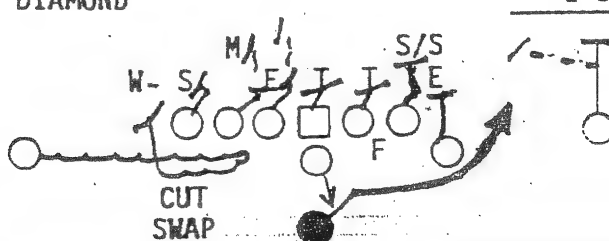
## 34 OFF SET ON M



## DIAMOND

## 1 UP Z PEEL

## 34 DBL REDUCE





PLAY NUMBER: Slant 38 Boss

BASIC BLOCKING: Base Hook

## FORMATIONS

0 (Flood)  
 0 Strong  
 0 Up F-Motion  
 0 Weak F-Motion

2

6

Slot

Z - Fly Tite

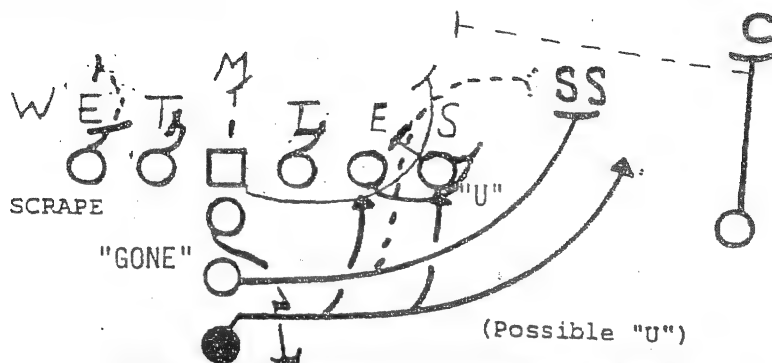
Peel

CP - S-38'G

Load  
 Heavy  
 Close



FS



BALL CARRIER: Open Angle Lead - Read Block of Tight End - Read 4, 6, 8

BACK : Key Defensive Alignment - Block SS/Corner Force - CP's

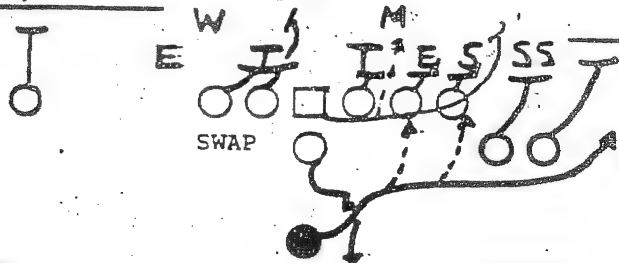
Y : Base Hook SLB/DE - Wall Off & Sustain - Alert Calls

X : Block Deep 1/3

Z : Block Corner

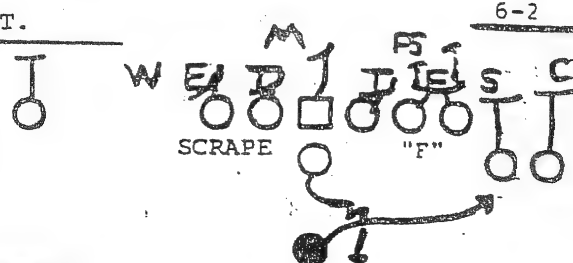
4-4

"Gone"

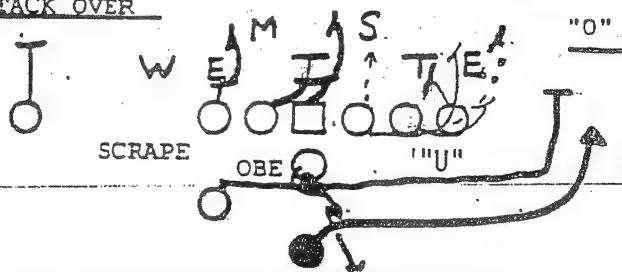


LOAD RT.

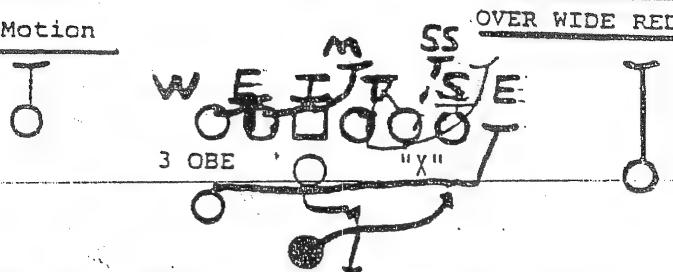
6-2



## STACK OVER

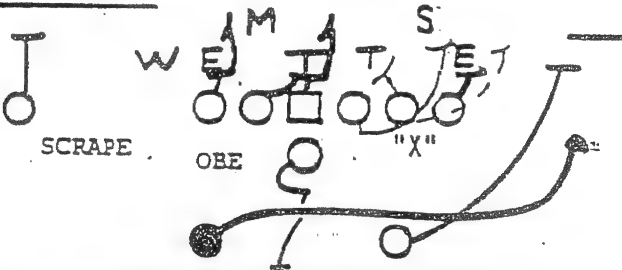


"0" Weak F-Motion

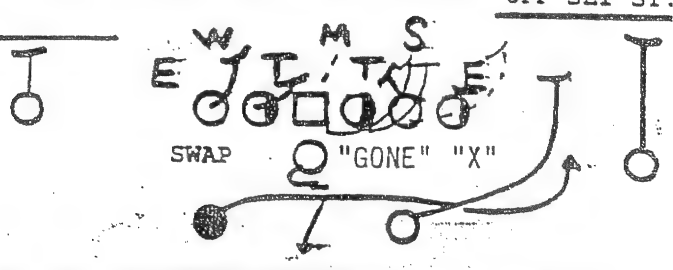


OVER WIDE REI

## OVER STACK

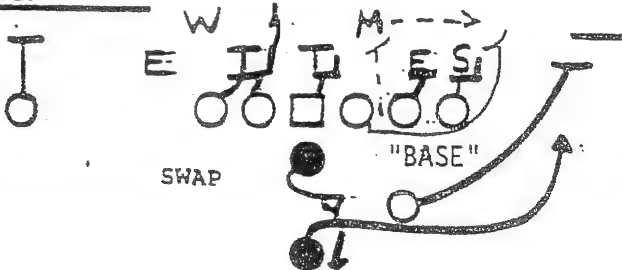


"6"

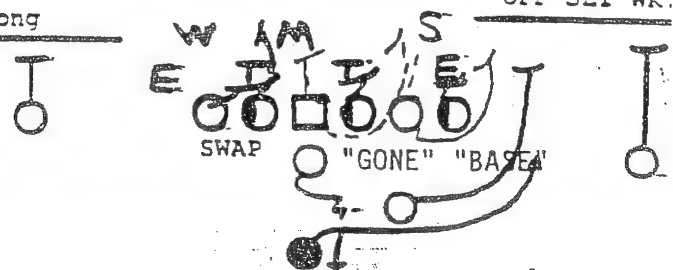


OFF SET ST.

## UNDER



"0" Strong

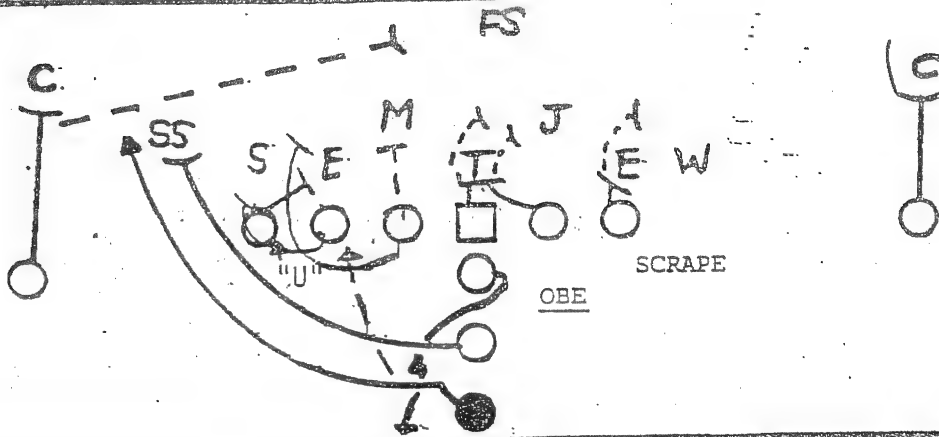


OFF SET WK.

15.

PLAY NUMBER: SLANT 39 BOSS

BASIC BLOCKING: BASE HOOK



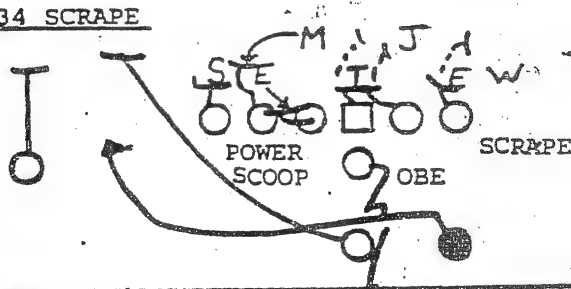
QB CHECK OFF:

INTO:

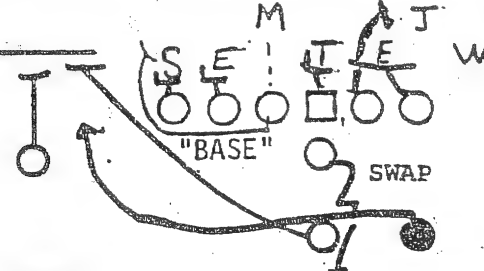
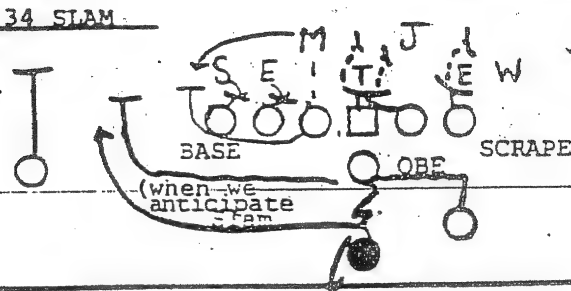
OUT OF:

QB ACTION AND ALERTS:

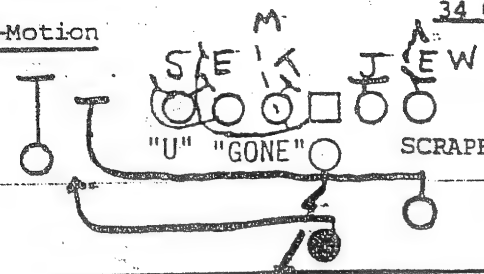
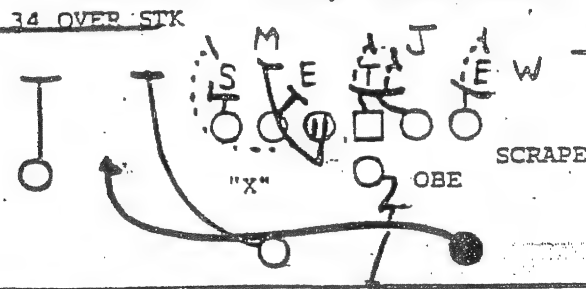
Reverse Pivot - Get ball deep to ball carrier quickly - Set up for Play Action

34 SCRAPE

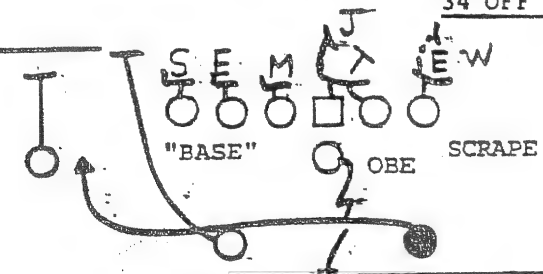
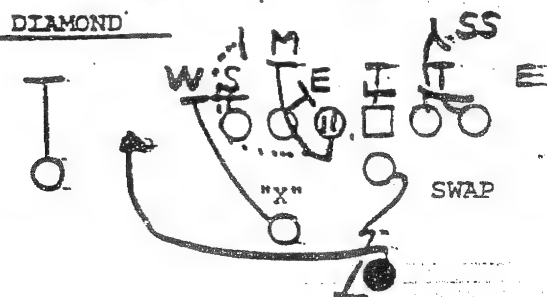
"3"

34 UNDER34 SLAM

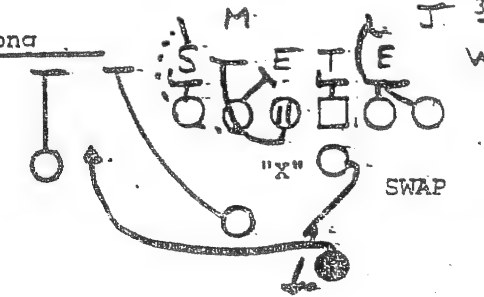
"1" Wk. F-Motion

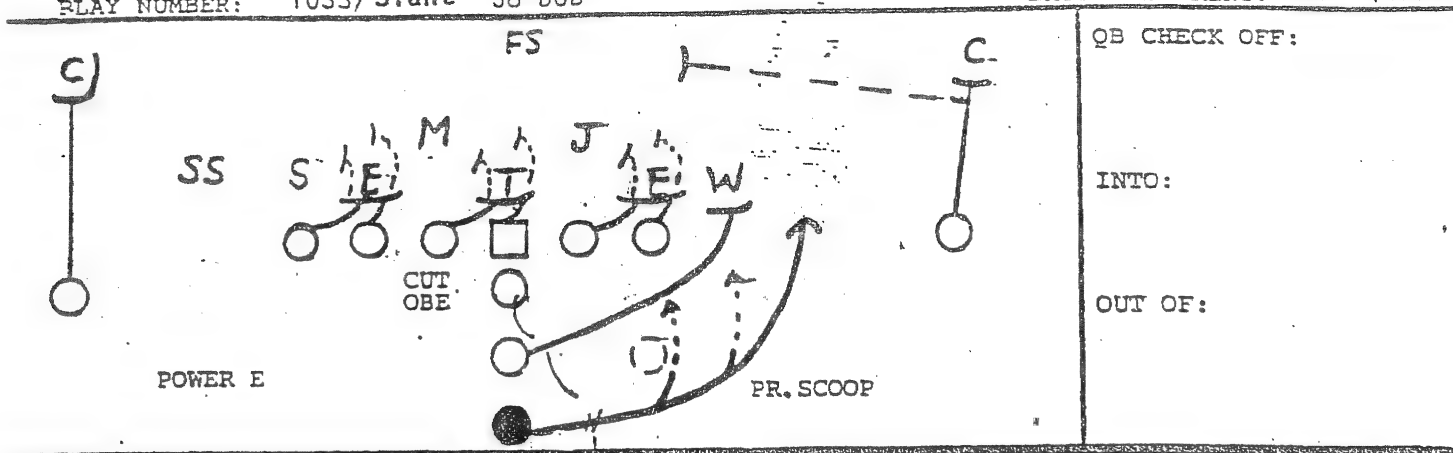
34 OFF SET OV. J.34 OVER STK

"7"

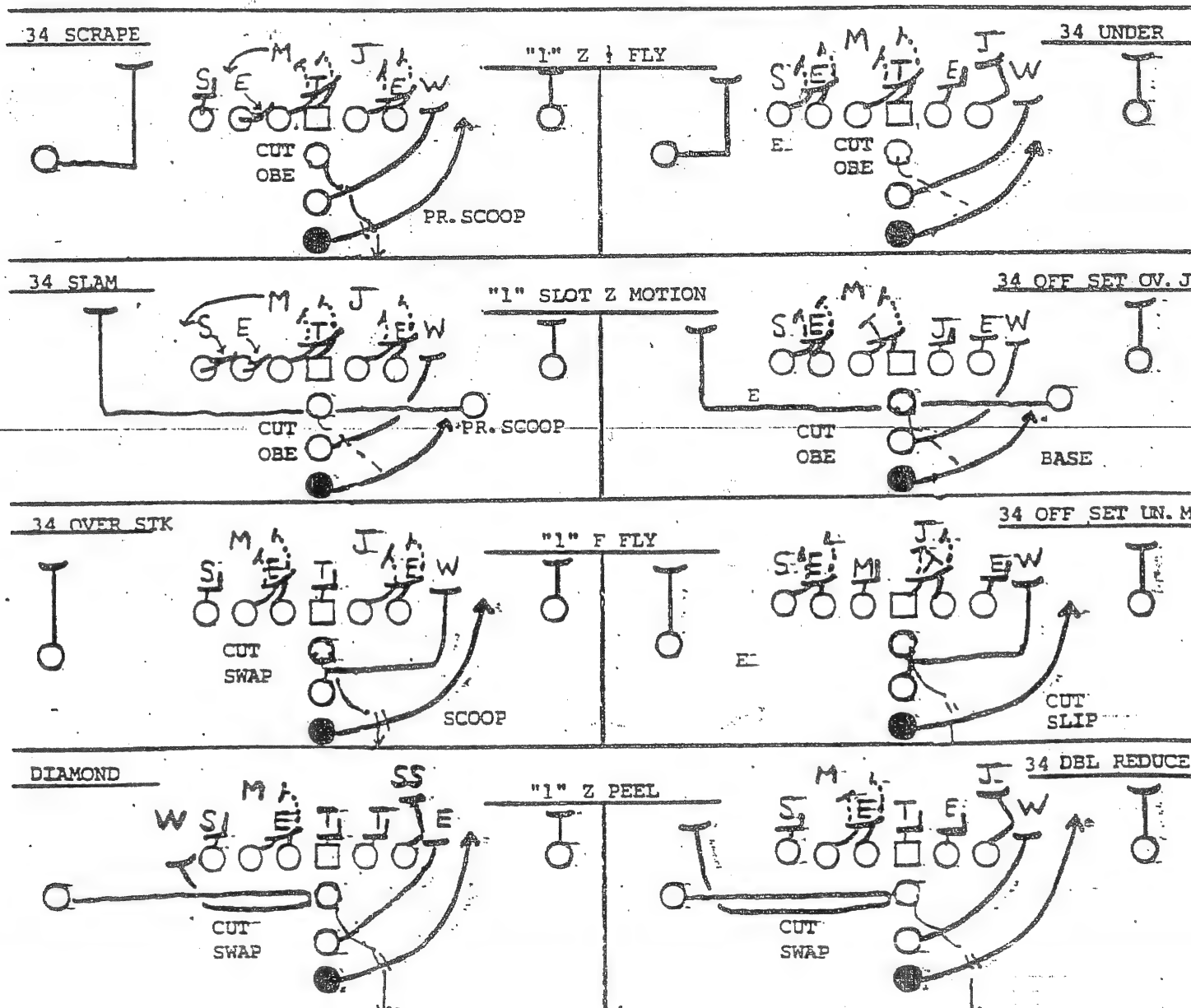
34 OFF SET UN. M.DIAMOND

"1" Strong

34 DBL REDUCE

OB ACTION AND ALERTS:

**Reverse Pivot** - Get ball deep and wide to Back. Continue to set up - Be alert to pick off backside rusher.

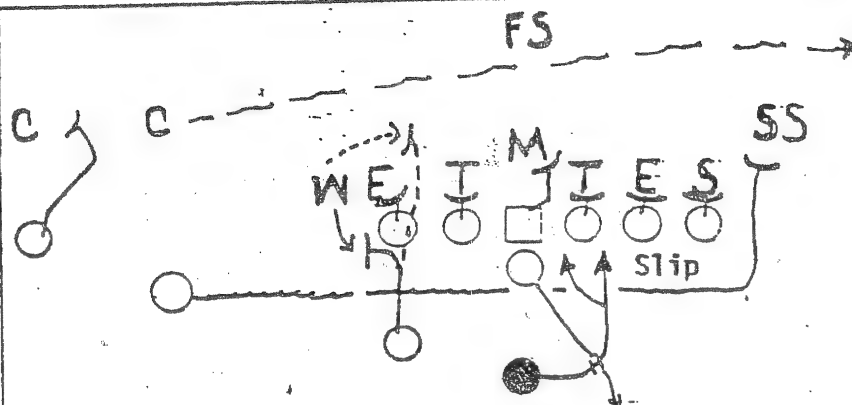


## FORMATIONS

- 0 Wk. Slot (Z-Mot.)
- 0 Wk. (Z-Half Fly)
- 0 Strong Slot (Z-Mot.)
- 0 Strong (Z-Half Fly)

## One Back

- 0 Up Slot (Z-Mot.)
- 0 Up (Z-Half Fly)
- 0 On Slot (Z-Mot.)
- 0 On (Z-Half Fly)



## BALL

CARRIER: Open Step - Take ball deep - Read blocking scheme for break - 4-2-3

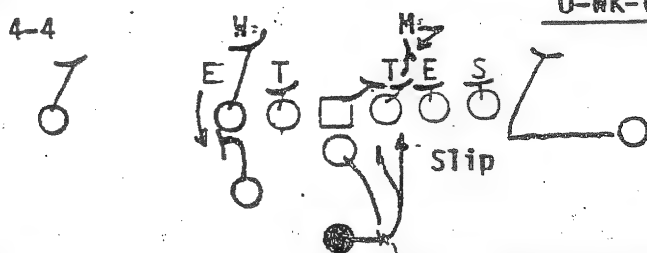
BACK: Block end man on or off LOS

Y: Explode into man on - work for inside position - C.P. No "E"

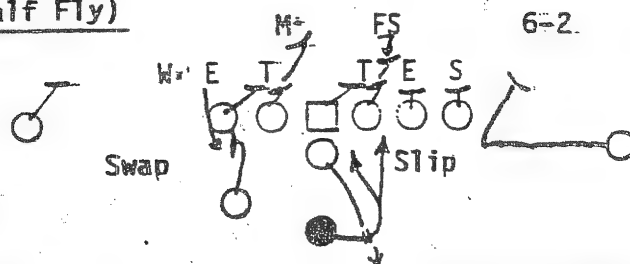
X: Block Deep 1/3

Z: Block Force

4-4

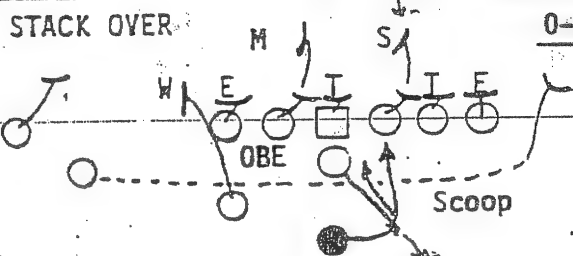


0-WK-(Z-Half Fly)

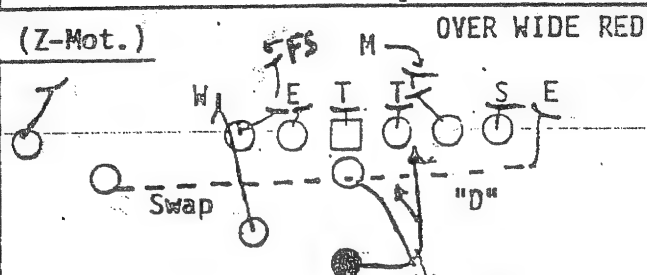


6-2

STACK OVER

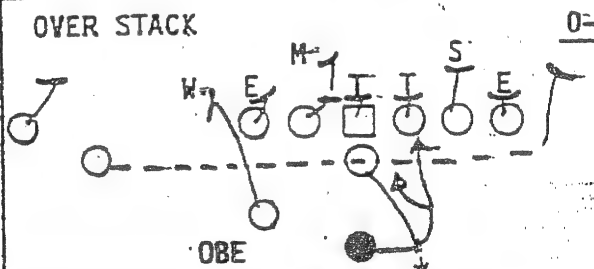


0-WK-Slot (Z-Mot.)

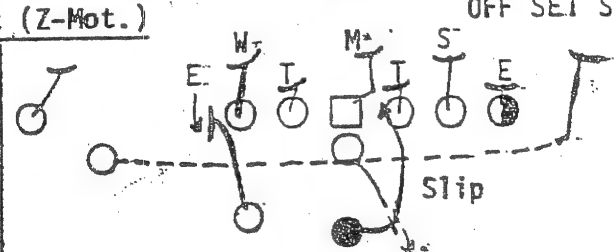


OVER WIDE RED

OVER STACK

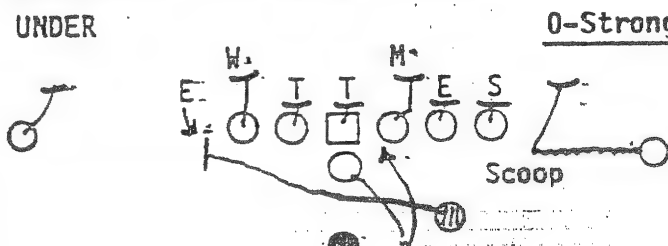


0-WK-Slot (Z-Mot.)

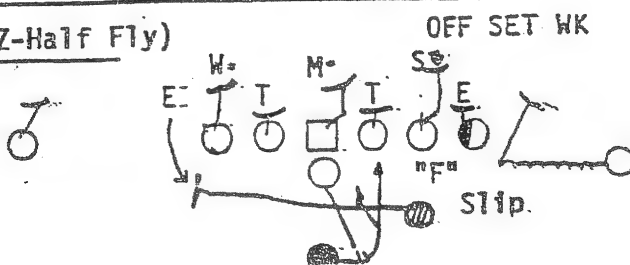


OFF SET ST

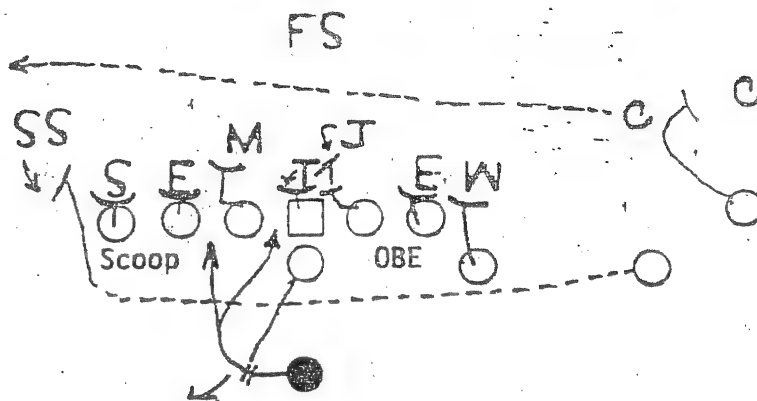
UNDER



0-Strong (Z-Half Fly)



OFF SET WK



QB CHECK OFF:

IN TO:

OUT OF:

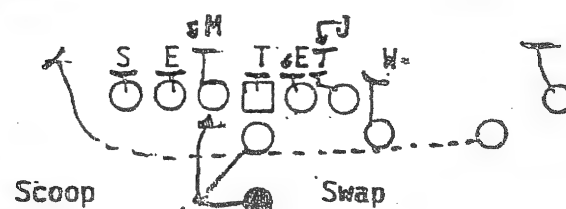
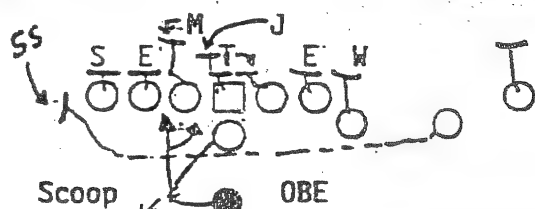
## QB ACTION AND ALERTS:

Open deep to ball carrier - Get ball to him deep -  
Continue faking ride 134/135 play action.

## 34 SCRAPE

## 1-Up Slot (Z-Mot.)

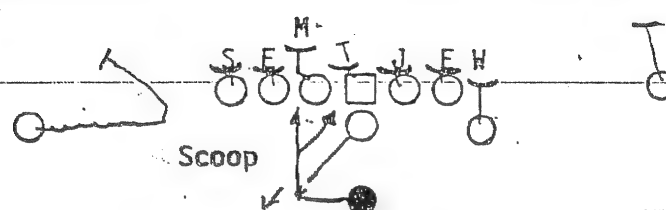
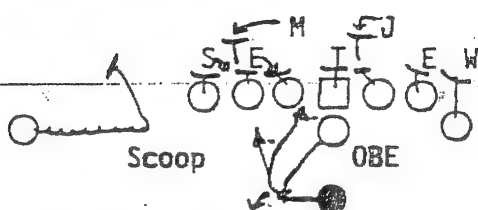
## 34 UNDER



## 34 SLAM

## 1-Up (Z-Half Fly)

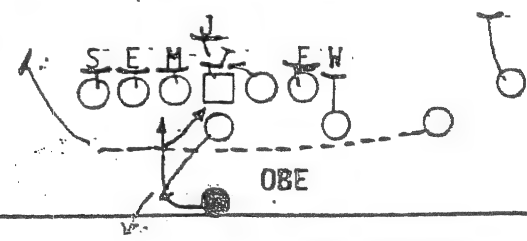
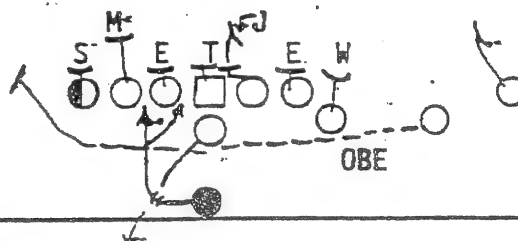
## 34 OFF SET ON J



## 34 OVER STR

## 1-Up Slot (Z-Mot.)

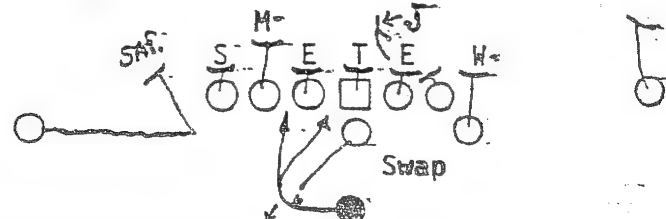
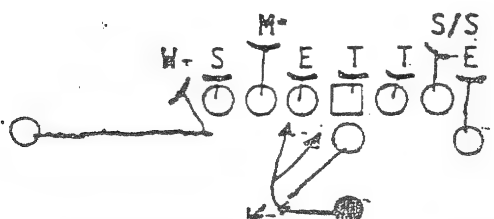
## 34 OFF SET ON M



## DIAMOND

## 1-Up (Z-Half Fly)

## 34 DBL REDUCE



PLAY NUMBER: RIDE COUNTER 35 SPECIAL (LEAD)

BASIC BLOCKING: SPECIAL (LEAD)

FORMATIONS

0-Flood

-Split

-Out

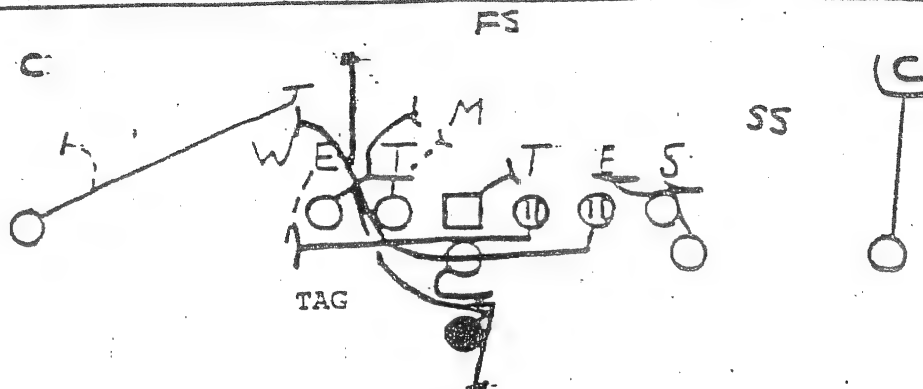
-Slot Out

Half/Flood/Eagle

Slot "Z" Motion

Lead = 0 Strong

CP - SC-35 G Lead



BALL CARRIER: Counter Step - Follow Back Side Tackle for cut/CP (Lead)

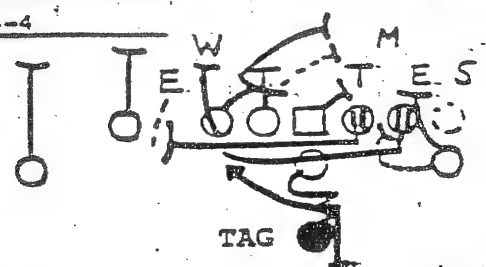
BACK : Block Man On - Flood = Cut Off - CP: Lead - Replace Tackle as Puller

Y : Cut off Block On Man Over Off Tackle

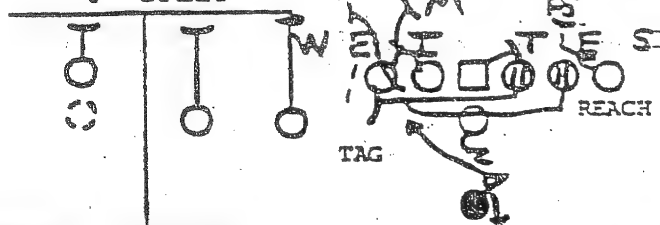
X : Block Force

Z : Block Deep 1/3 or Seal Backside CP Diamond

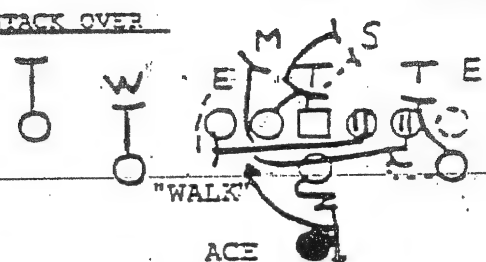
4-4



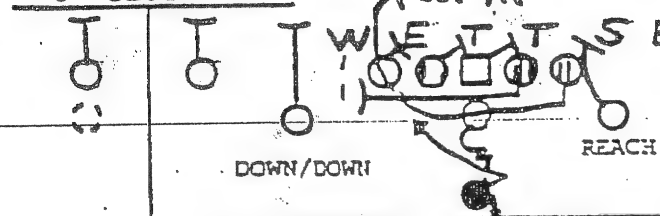
"0" SPLIT



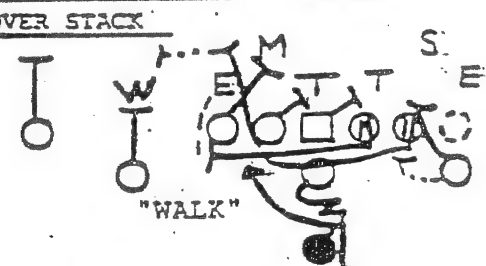
6-2

STACK OVER

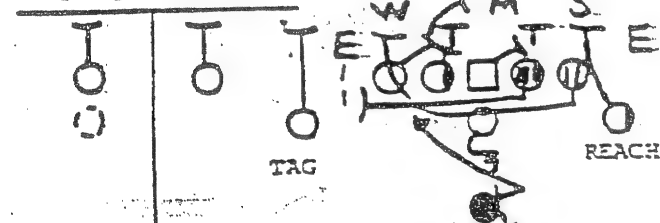
"0" SLOT OUT



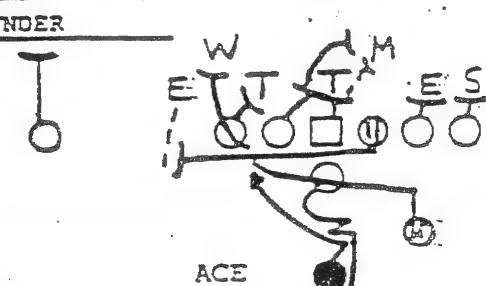
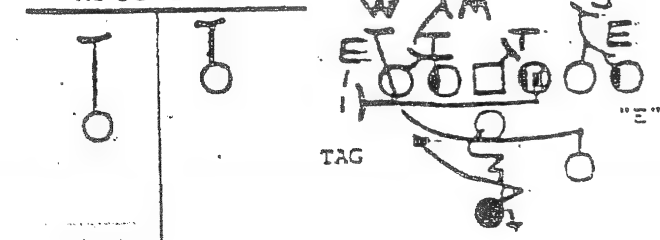
OVER WIDE RED.

OVER STACK

"0" SLOT OUT



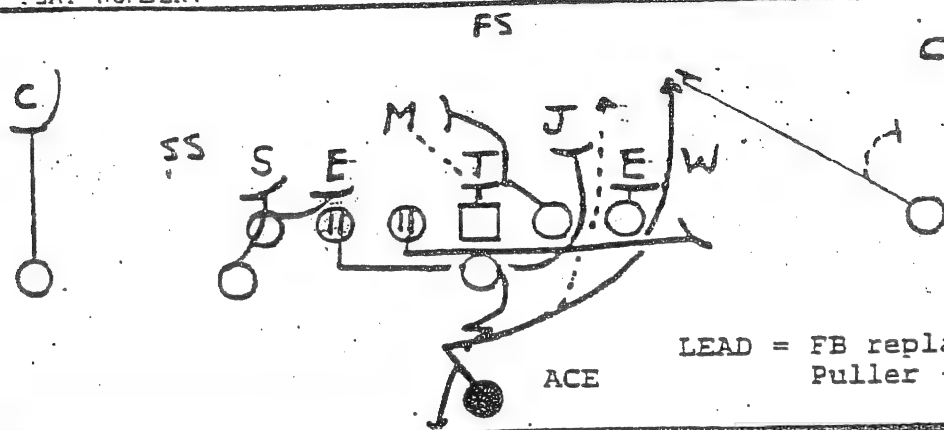
OFF SET ST.

UNDER"0" STRONG  
RC 35 LEAD

OFF SET WK.

PLAY NUMBER: RIDE COUNTER 34 SPECIAL (LEAD)

BASIC BLOCKING: SPECIAL



QB CHECK OFF:

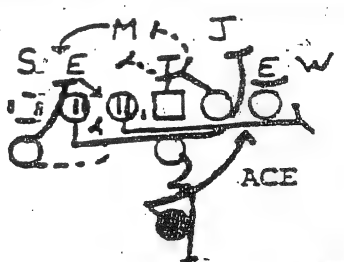
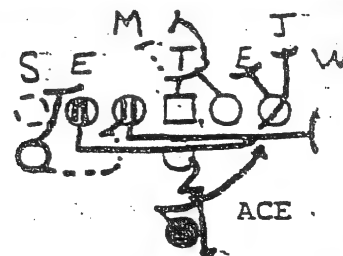
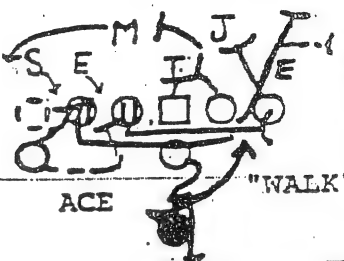
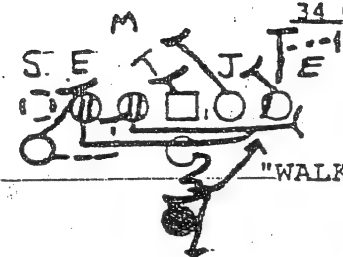
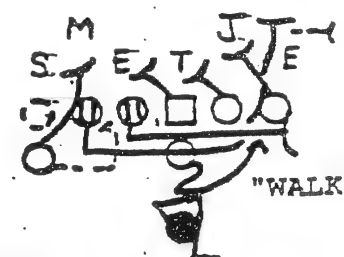
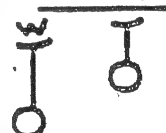
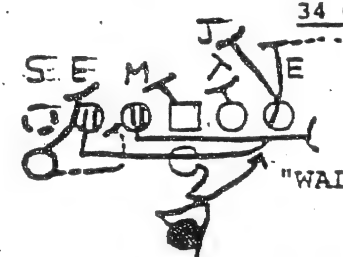
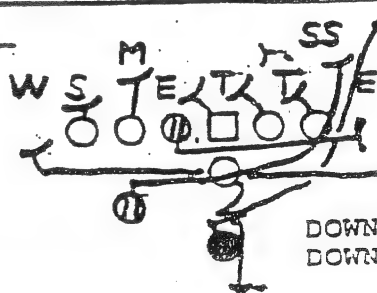
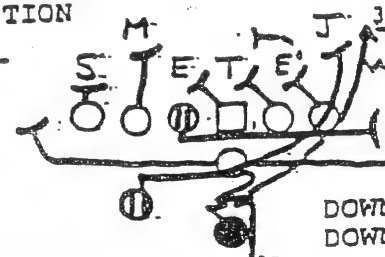
INTO:

OUT OF:

LEAD = FB replaces Offside Tackle as Puller - Offside Tackle stays

QB ACTION AND ALERTS:

Front out and slip ball to ball carrier as he comes out of his counter step - continue drop and set-up faking play action RC-134-135 Pass.

34 SCRAPE"1" SPLIT34 UNDER34 SLAM"1" SLOT OUT34 OFF SET OV.34 OVER STK"1" SLOT OUT34 OFF SET UN.DIAMOND"1" ST. SLOT 2 MOTION  
SC 34 LEAD34 DBL REDUC.

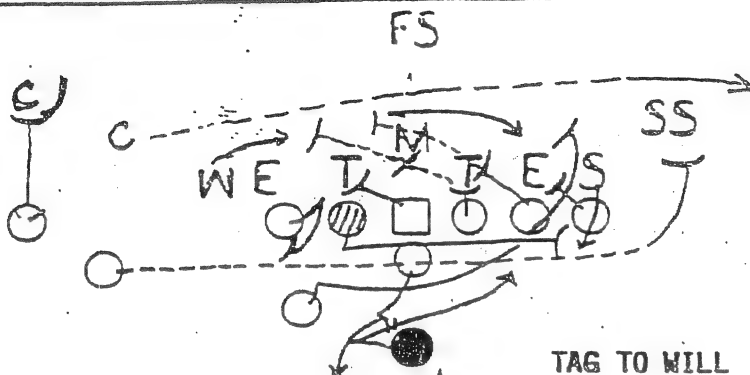


PLAY NUMBER: RIDE COUNTER 36-LEAD

BASIC BLOCKING: CTR TRAP

## FORMATIONS

- O WK
- O WK SLT (Z MOT)
- O WK (Z HALF FLY)
- O WK CLOSE



BALL CARRIER: COUNTER STEP - FOLLOW FB FOR CUT

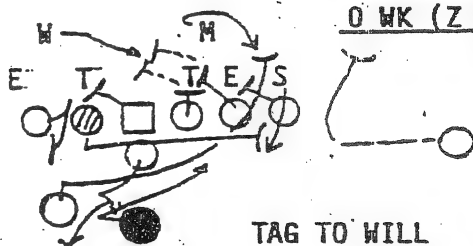
BACK: STEP UP - READ GUARD'S BLOCK AND LEAD INSIDE OR OUTSIDE FOR MLB

Y: BLOCK DOWN EXCEPT FOR TACKLE BUBBLE

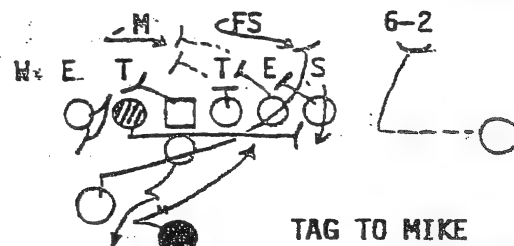
X: BLOCK DEEP 1/3

Z: BLOCK FORCE C.P. O WK - CUT DOWN SPLIT

4-4

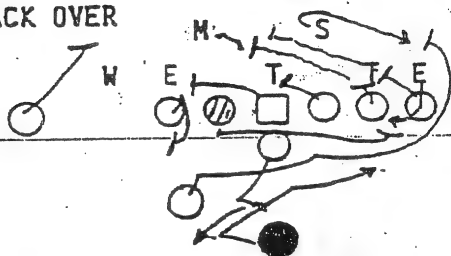


O WK (Z HALF FLY)

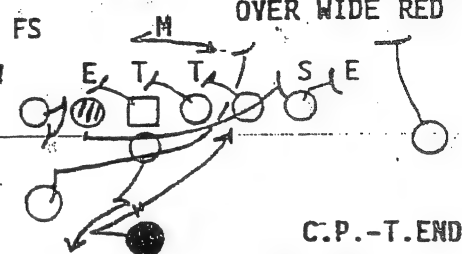


6-2

STACK OVER



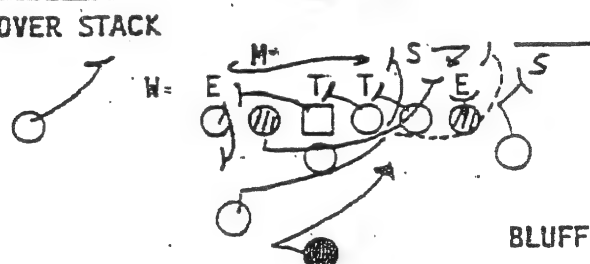
O WK



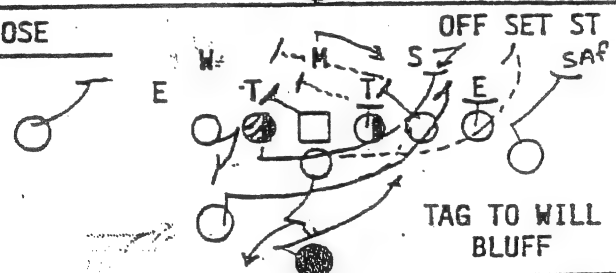
OVER WIDE RED

C.P.-T.END

OVER STACK



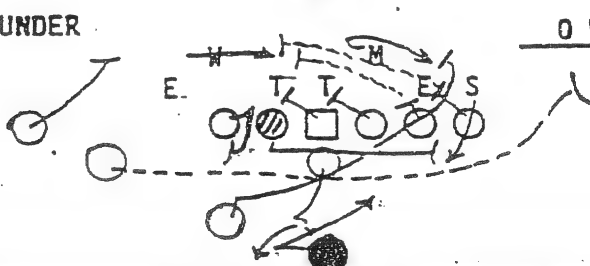
O WK CLOSE



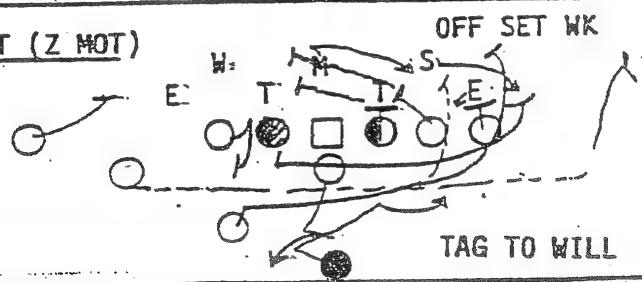
OFF SET ST

TAG TO WILL  
BLUFF

UNDER



O WK SLOT (Z MOT)



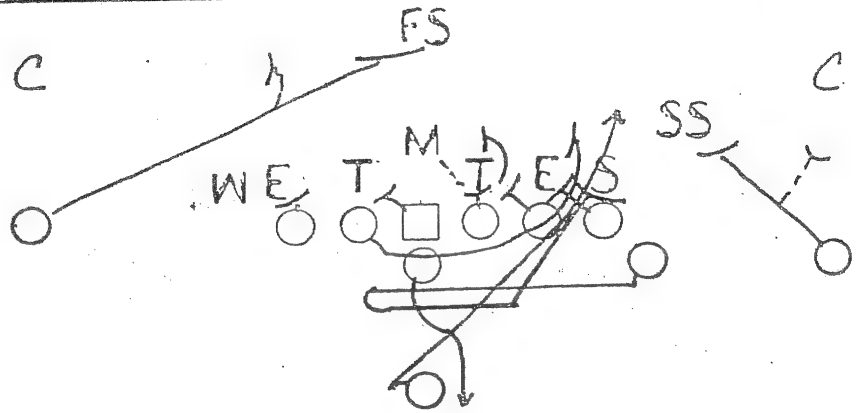
OFF SET WK

TAG TO WILL



## FORMATIONS

- O - FLOOD - F PEEL
- O - STRONG
- O - UP MOTION
- 6



**BALL CARRIER:** OPEN - CROSS OVER - FOLLOW G FOR CUT  
ONE BACK - SHORT JAB AWAY - THEN FOLLOW G

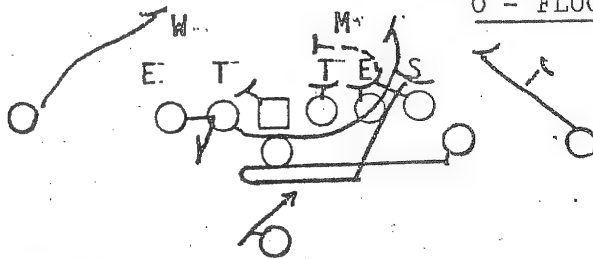
**BACK:** DRIVE AT SAM LB'S INSIDE NUMBER. BLOCK OUT - POSSIBLE LOG.

**Y:** CHECK FRONTS

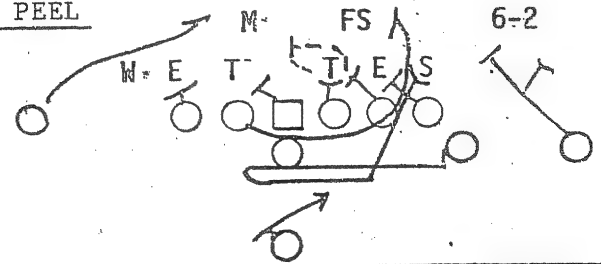
**X:** BLOCK FS - NO CHANCE TURN BACK ON CORNER.

**Z:** BLOCK FORCE.

4-4

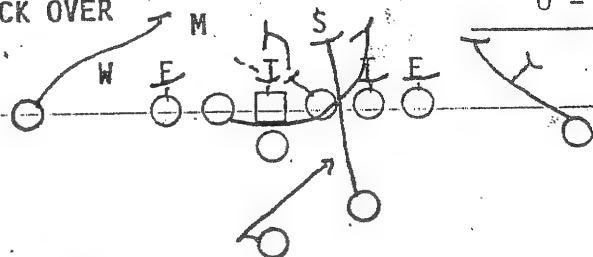


O - FLOOD - F PEEL

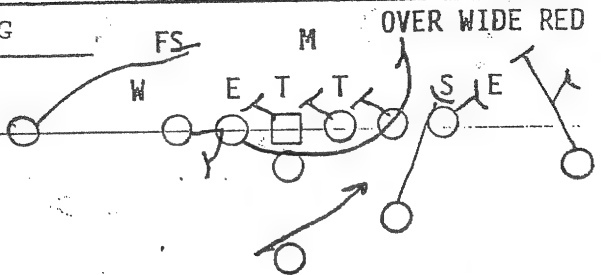


6-2

STACK OVER

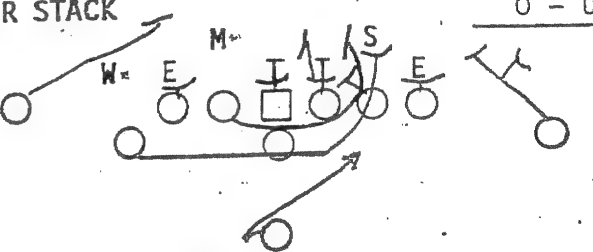


O - STRONG

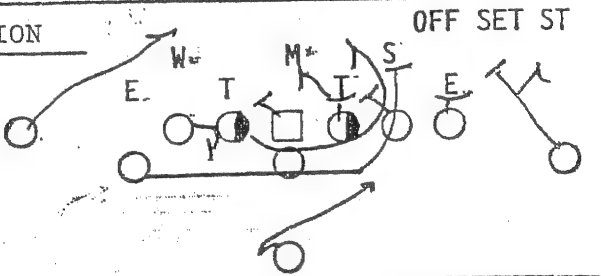


OVER WIDE RED

OVER STACK

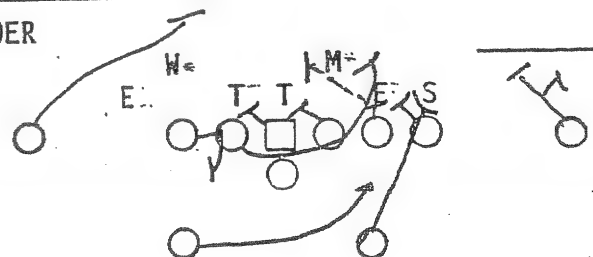


O - UP MOTION

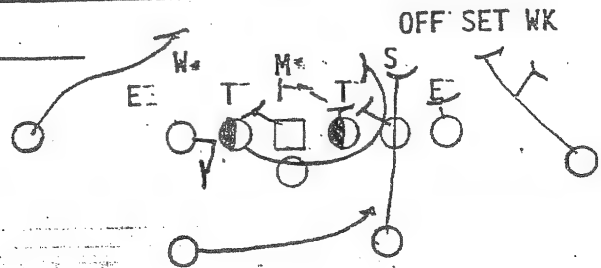


OFF SET ST

UNDER



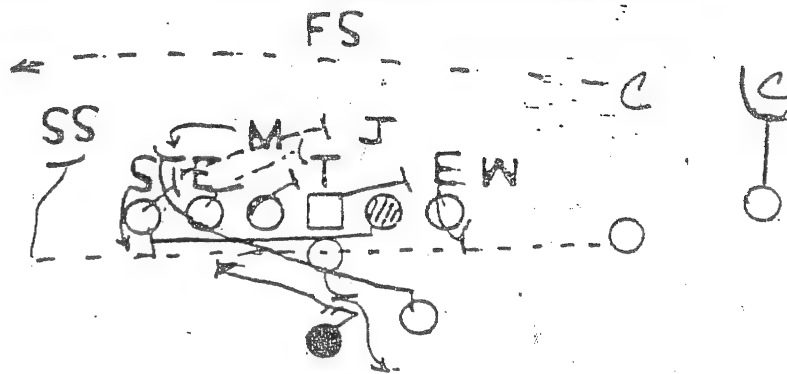
6



OFF SET WK

PLAY NUMBER: RIDE COUNTER 37 LEAD

BASIC BLOCKING: CTR TRAI



QB CHECK OFF:

IN TO:

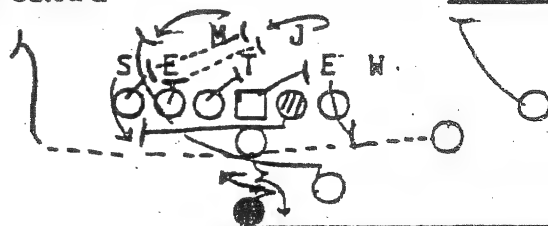
OUT OF:

QB ACTION AND ALERTS: RIDE BALL HANDLING

OPEN TO BACK - SLIP BALL TO HIM ON HIS DRIVE STEP

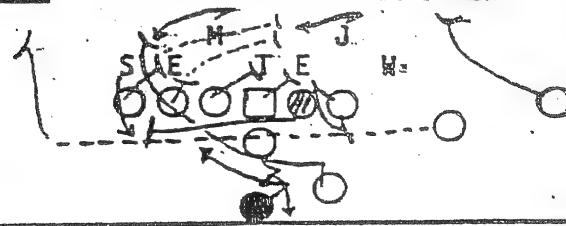
CONTINUE FAKING PLAY ACTION AFTER HAND OFF

34 SCRAPE

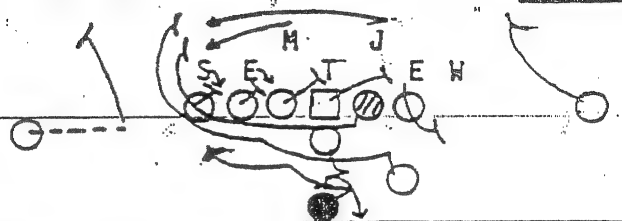


1 WK SLT (Z MOT)

34 UNDER

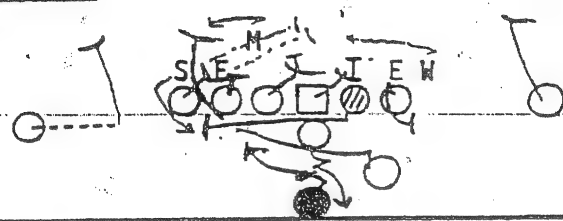


34 SLAM

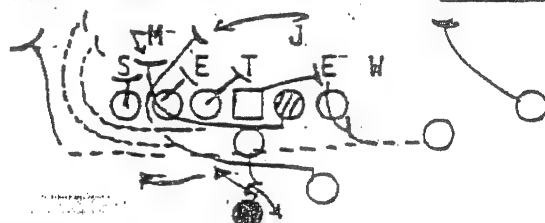


1 WK (Z HALF FLY)

34 OFF SET ON J

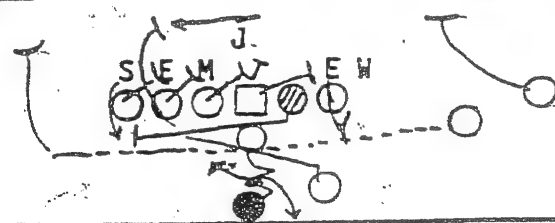


34 OVER STACK

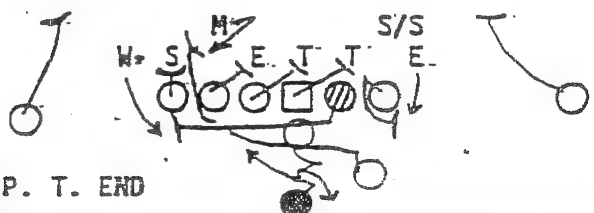


1 WK SLT (Z MOT)

34 OFF SET ON M

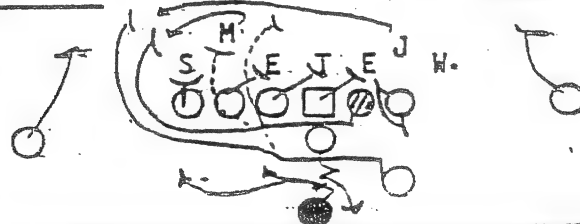


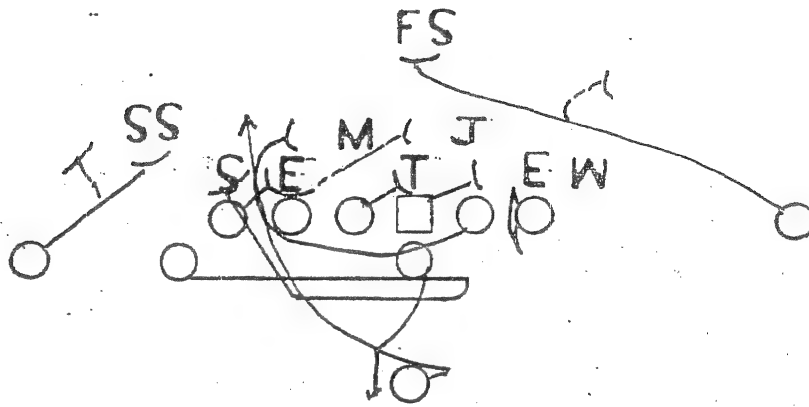
DIAMOND



1 WK

34 DBL REDUCE





QB CHECK OFF:

IN TO:

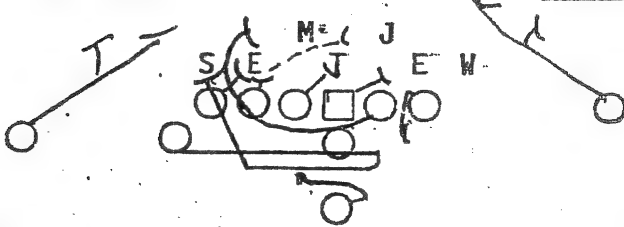
OUT OF:

## QB ACTION AND ALERTS:

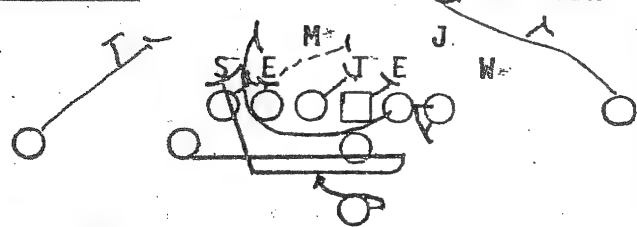
OPEN FLAT TO BALL CARRIER. HAND OFF AND FAKE BOOTLEG/PLAY ACTION.

-ONE BACK REVERSE TO HB - HANDOFF SET UP PLAY ACTION OR BOOTLEG.

## 34 SCRAPE

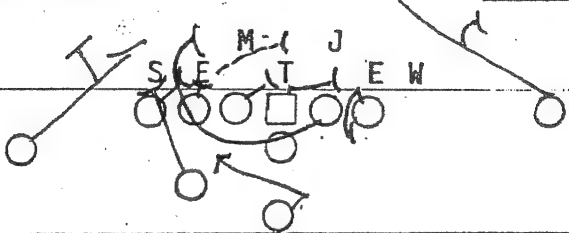


## I-FLOOD-F PEEL

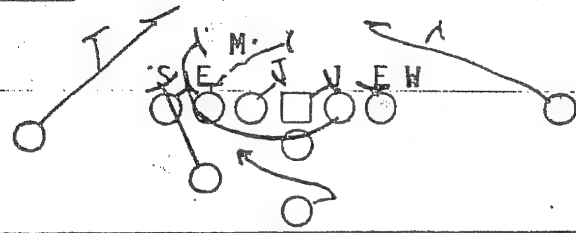


## 34 UNDER

## 34 SLAM

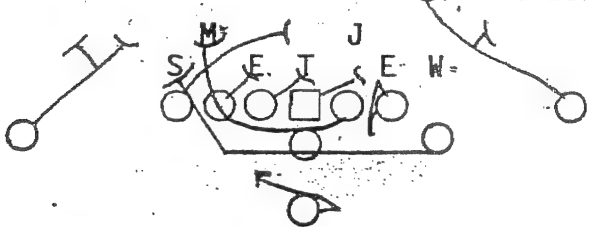


## I-STRONG

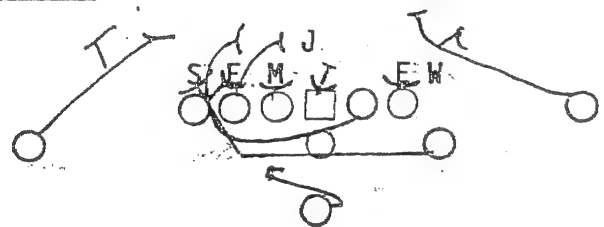


## 34 OFF SET ON J

## 34 OVER STR

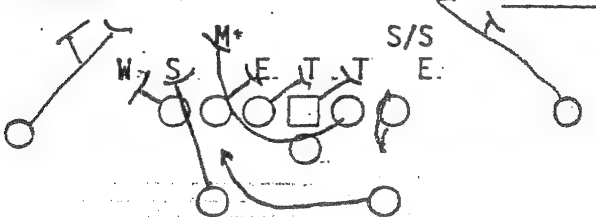


## I-UP-MOTION



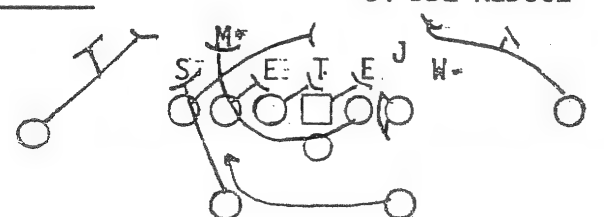
## 34 OFF SET ON M

## DIAMOND



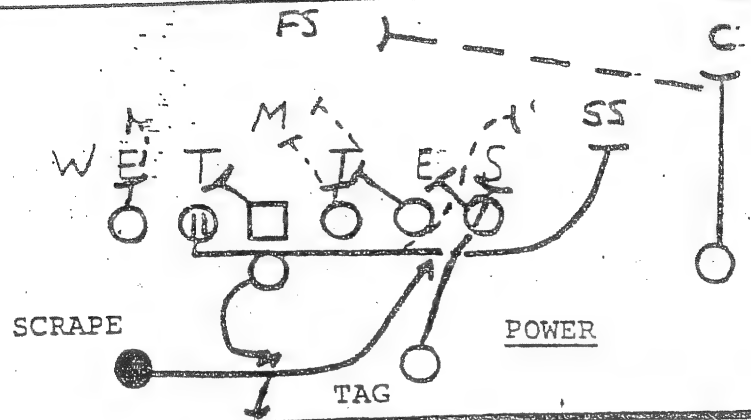
7

## 34 DBL REDUCE



PLAY NUMBER: F-36-0

## FORMATIONS

2  
6Slot  
Slot Z MotionZ-Peel  
-Fly Tite

BALL CARRIER: Pivot - Cross Over - Follow Guard for Cut - CP's

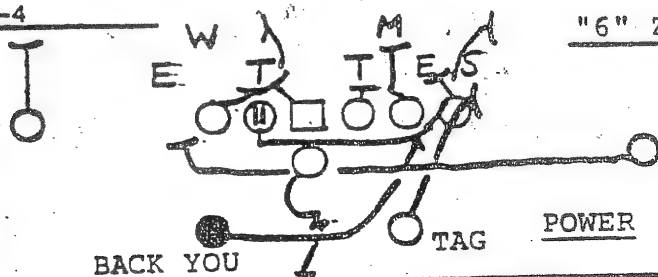
BACK : Drive at Sam LB's inside number - Block out or LOG - CP's

Y : Power Block on DE

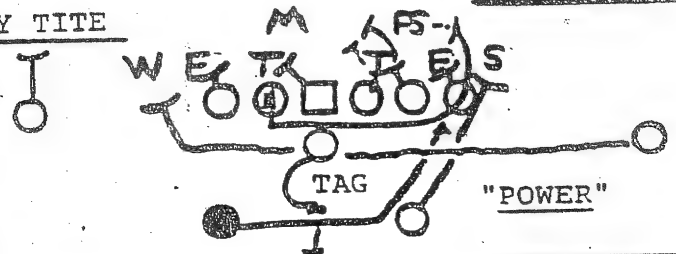
X : Block deep 1/3

Z : Block Corner

4-4

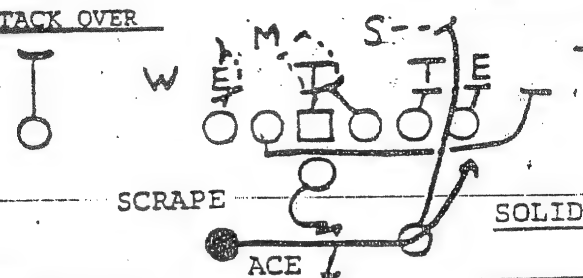


"6" Z FLY TITE

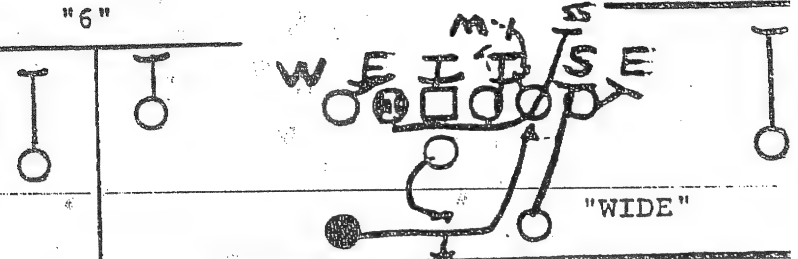


6-2

STACK OVER

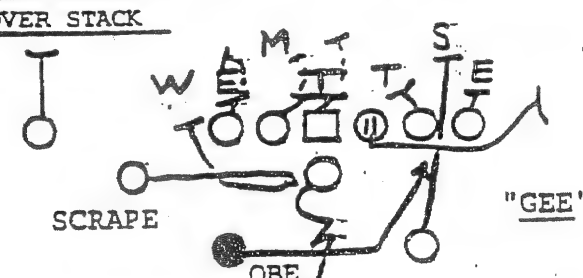


"6"

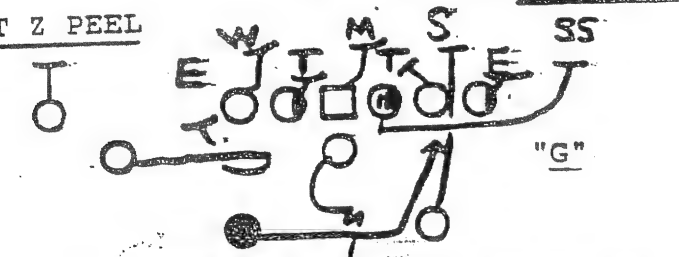


OVER WIDE RE

OVER STACK

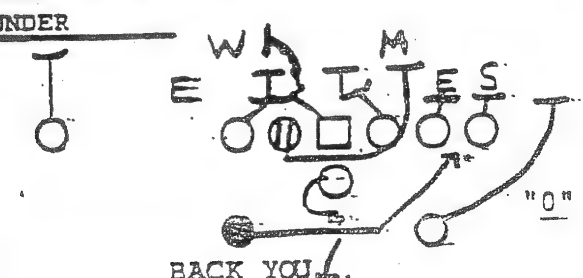


"6" SLOT Z PEEL

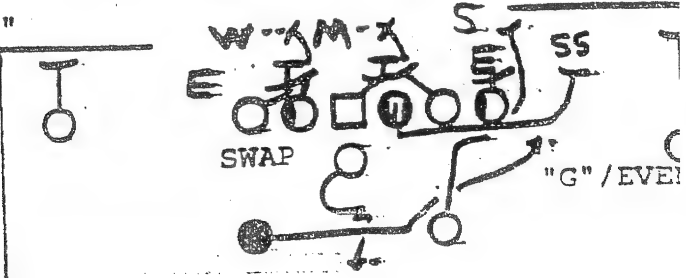


OFF SET S

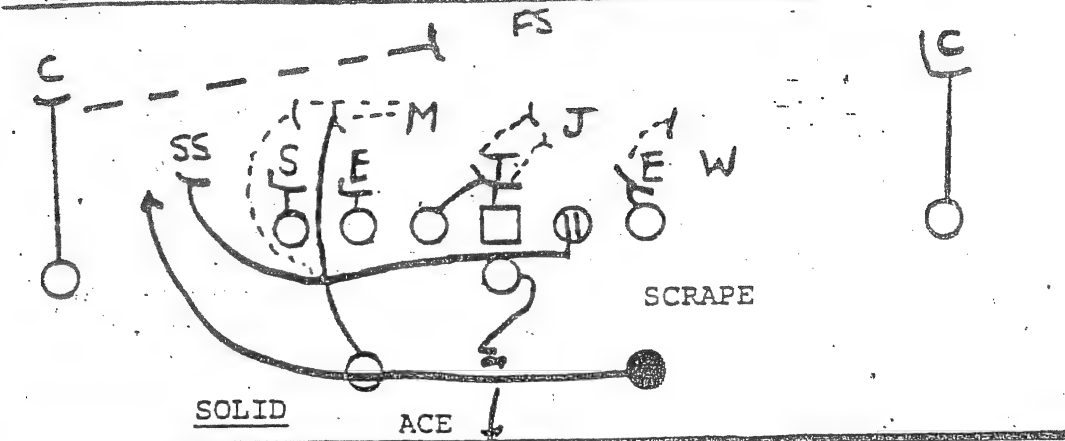
UNDER



"6"



OFF SET W



QB CHECK OFF:  
Used as Check Off vs.  
game plan fronts  
RED 36-37

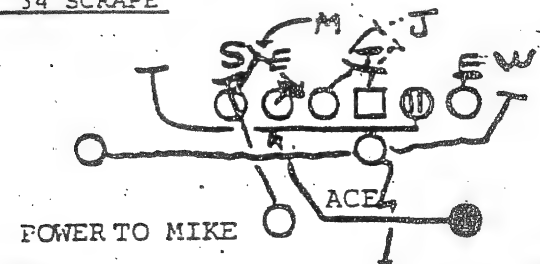
INTO:  
(Ex: Diamond)

OUT OF:

QB ACTION AND ALERTS:

Open Flat to ball carrier - Hand off and fake Bootleg/Play Action

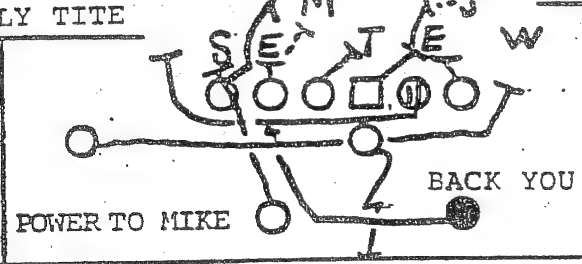
34 SCRAPE



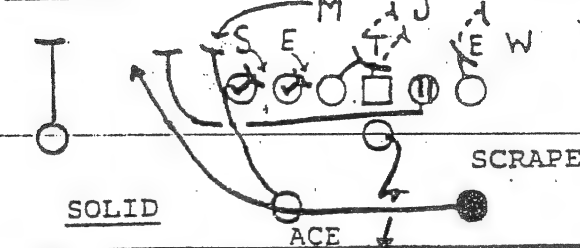
"7" Z FLY TITE



34 UNDER



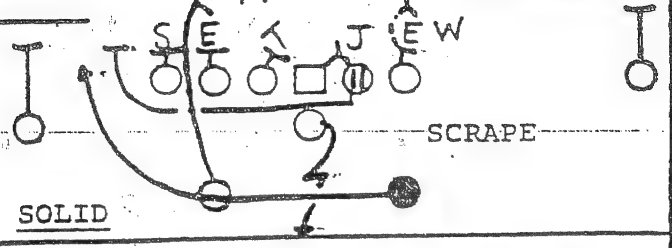
34 SLAM



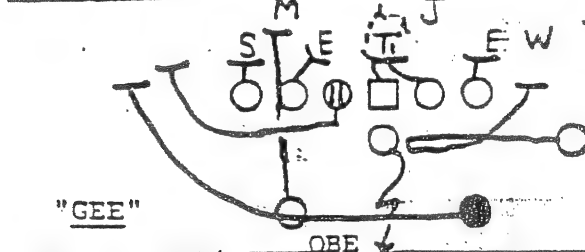
"7"



34 OFF SET OV. J.



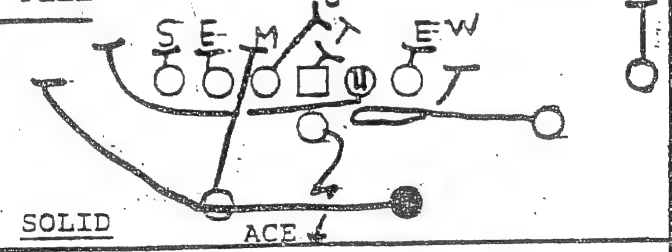
34 OVER STK



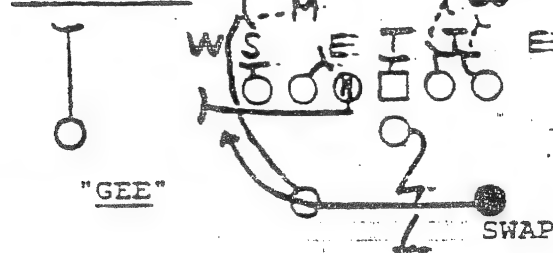
"7" SLOT Z PEEL



34 OFF SET UN. M.



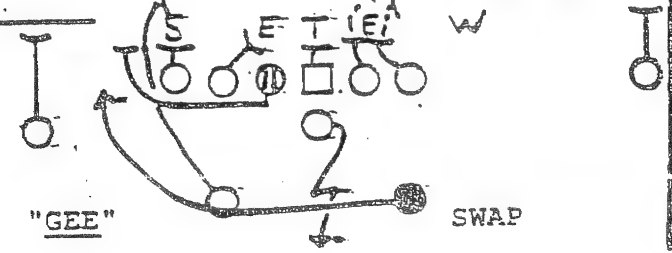
DIAMOND



"7"



34 DBL REDUCE

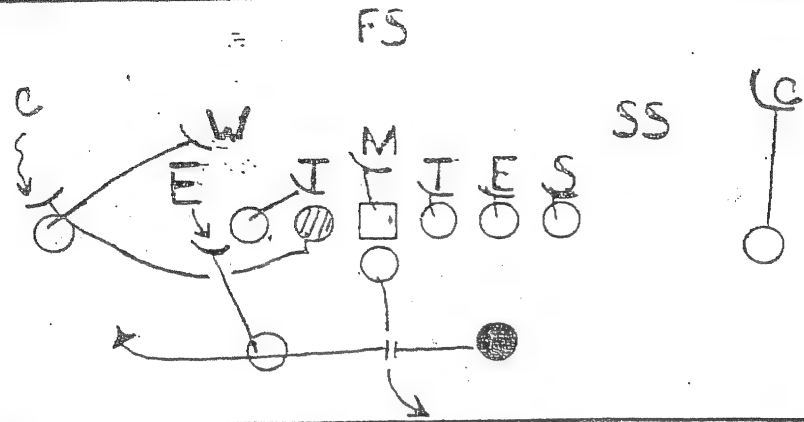


PLAY NUMBER: FLOW 39 CRACK WEAK

BASIC BLOCKING: FLOW WK

## FORMATIONS

6  
6 CHANGE  
6 SLOT (Z MOT)  
0 WK  
0 WK SLOT (Z MOT)



BALL CARRIER: 6 FORM - CROSSOVER AND SPRINT TO OUTSIDE - 0 FORM - OPEN - STEP UP AND PULL AWAY - GET WIDE QUICKLY - RUN OFF GUARD'S BLOCK

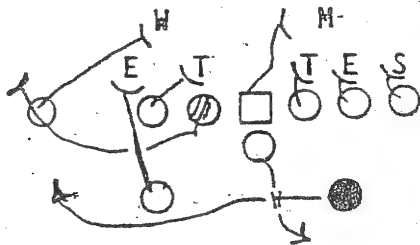
BACK: CUT END MAN ON LOS

Y: BACKSIDE OF PLAY - BLOCK MAN OVER CUT OFF

X: CRACK ON 1ST STACKED DEFENDER - C.P. SPLIT

Z: BLOCK DEEP 1/3

4-4



6 - CHANGE

M

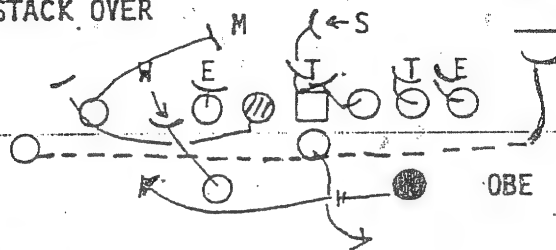
FS

6-2



AUD. OUT

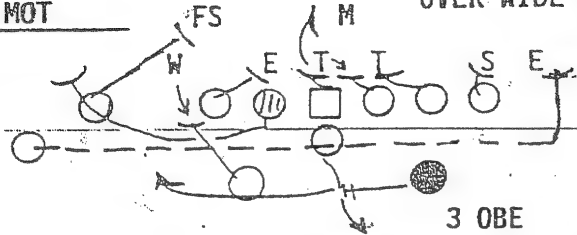
STACK OVER



6 SLT Z MOT

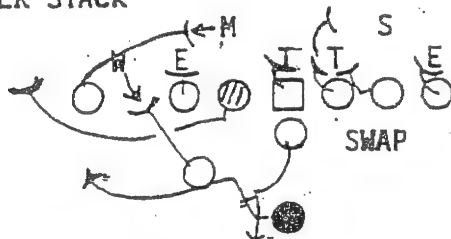
FS

OVER WIDE RED



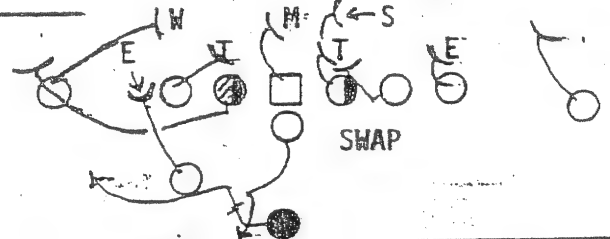
3 OBE

OVER STACK

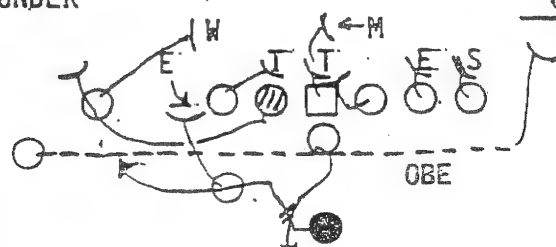


0 WK

OFF SET ST

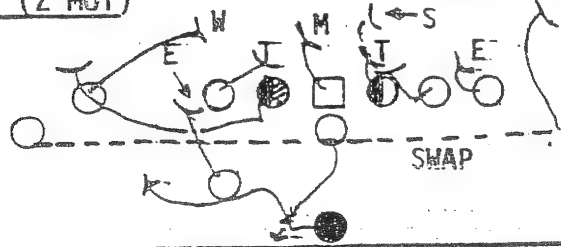


UNDER



0 WK SLOT (Z MOT)

OFF SET WK



<p style="text-align: center;">FS</p>	<p>QB CHECK OFF:</p> <p>VS. 6-2</p> <p>VS. 34 JACK UP</p> <p>VS. UNDER REDUCED</p> <p>IN TO:</p> <p>OUT OF:</p>
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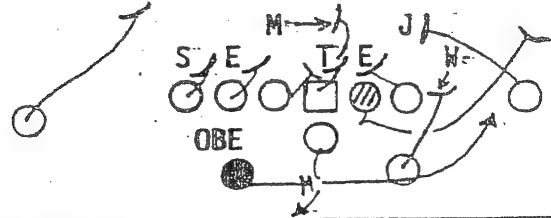
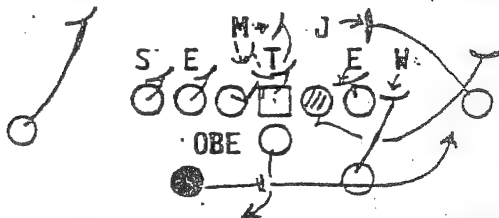
## QB ACTION AND ALERTS:

OPEN TO BALL CARRIER - GET BALL TO HIM DEEP AND QUICK  
FAKE BOOTLEG ACTION

## 34 SCRAPE

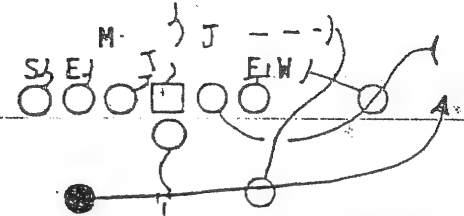
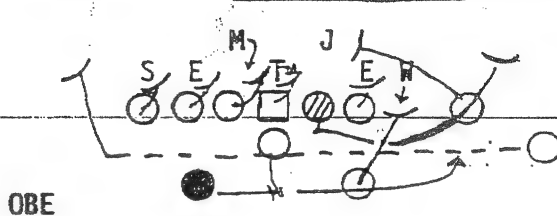
## 7 CHANGE

## 34 UNDER



## 34 SLAM

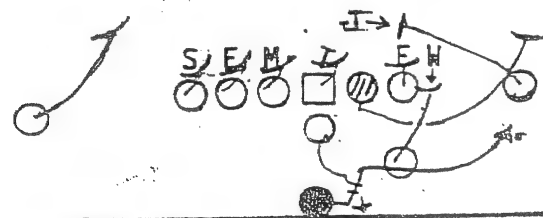
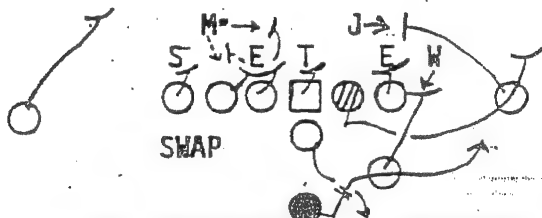
## 7 Slot (Z-Mot.) Perimeter Blocking Adjustment



## 34 OVER STACK

## 1 WK

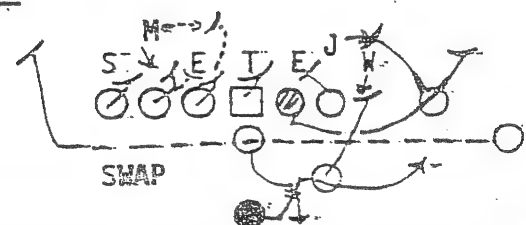
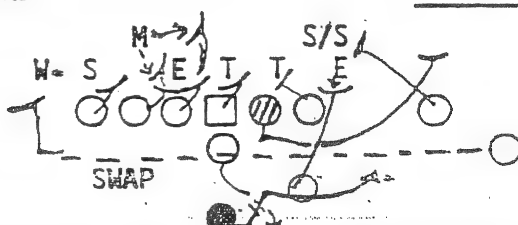
## 34 OFF SET ON M



## DIAMOND

## 1 WK SLOT (Z MOT)

## 34 DBL REDUCE



<p><b>FORMATIONS</b></p> <p>2 (HM)</p> <p>O-UP (FM)</p> <p>O-SLOT OUT (2M)</p> <p>O-FLOOD</p>	
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AUDIBLE OUT

**BALL CARRIER:** TAKE TWO STEPS - SET BEHIND TACKLE - DELAY 1 COUNT AFTER GETTING BALL

**BACK :** WILL BE IN MOTION OR OUT. BLOCK DEEP 1/3

**Y :** TAKE BEST RELEASE AND BLOCK DEEP SAFETY - C.P. OVER STKS

**X :** BLOCK MAN ON

**Z :** BLOCK MAN ON

<p>4-4</p>	<p>O-UP-F-MOTION</p>	<p>6-2</p>
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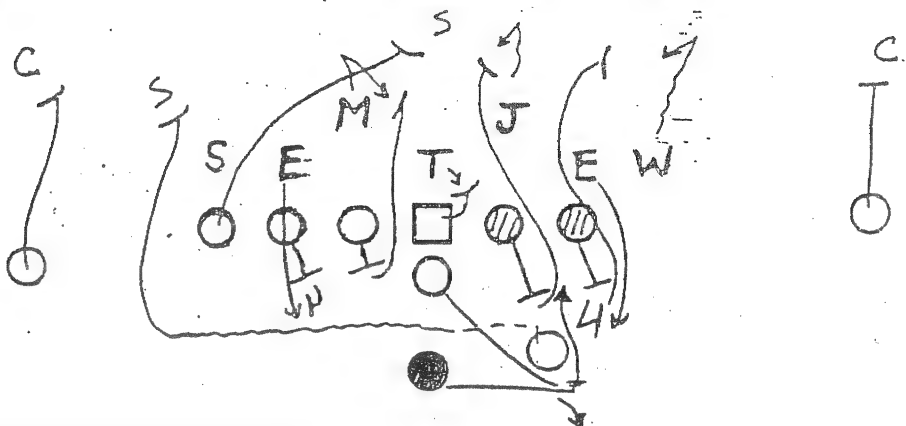
AUDIBLE OUT

<p>STACK OVER</p>	<p>O-SLOT OUT-Z-MOTION</p>	<p>OVER WIDE R</p>
-------------------	----------------------------	--------------------

<p>OVER STACK</p>	<p>O-FLOOD</p>	<p>OFF SET ST</p>
-------------------	----------------	-------------------

<p>UNDER</p>	<p>O-FLOOD</p>	<p>OFF SET WK</p>
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QB CHECK OFF:

VS. 3 on LOS to  
PLAYSIDE

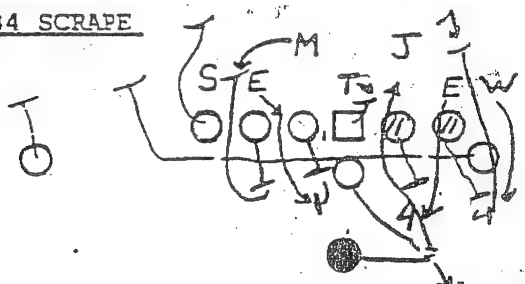
INTO:

OUT OF:

QB ACTION AND ALERTS:

QB - AUDIBLE OUT VS. 3 ON LOS (EX. 4-3) - SPRINT TO TACKLE BOX - SLIP BALL TO FB  
AND KEEP GOING ON SPRINT

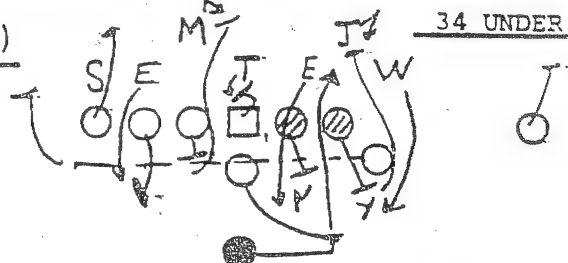
34 SCRAPE



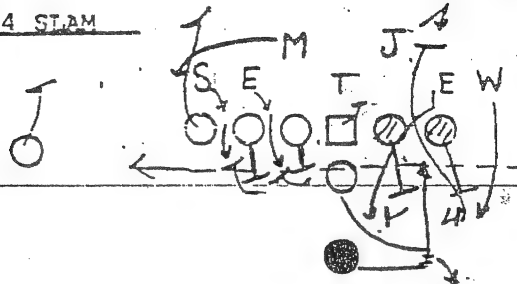
1-UP (F-MOTION)



34 UNDER



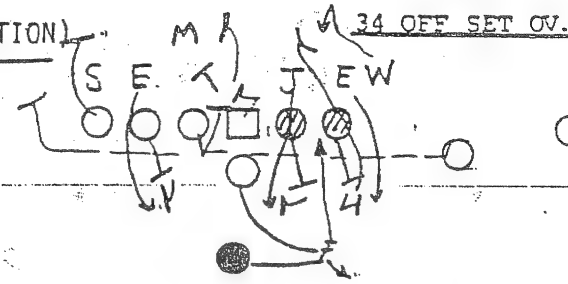
34 SLAM



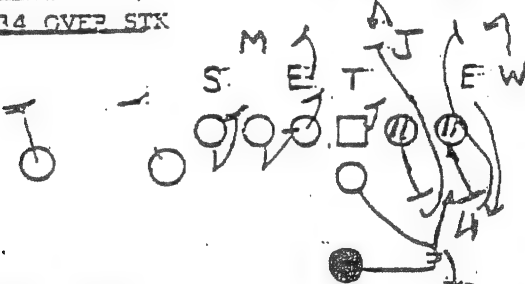
1-OUT-SLOT (Z MOTION)



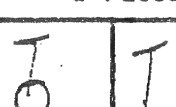
34 OFF SET OV.



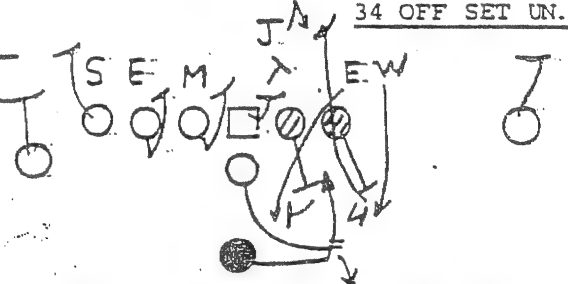
34 OVER STX



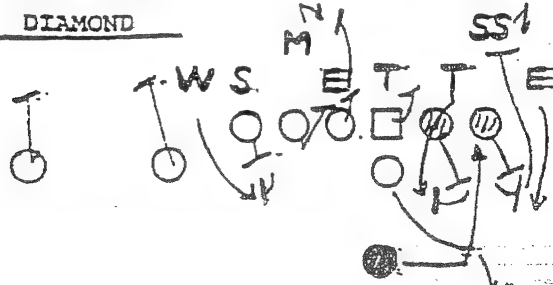
1-FLOOD



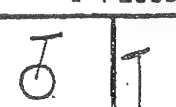
34 OFF SET UN.



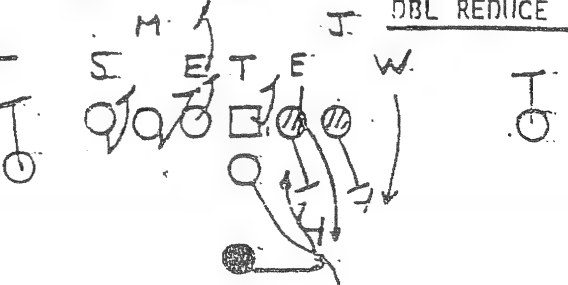
DIAMOND



1-FLOOD


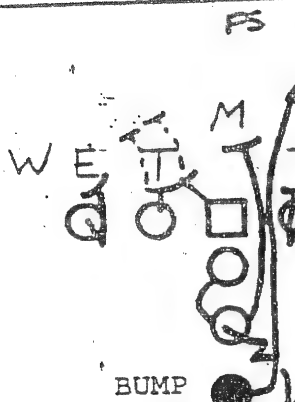
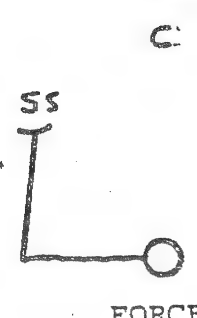


DBL REDUCE

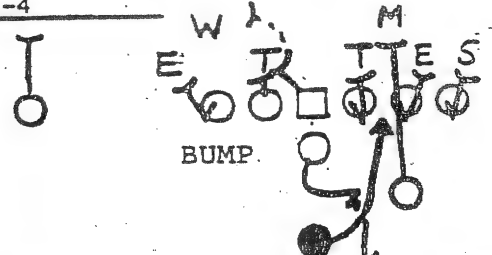
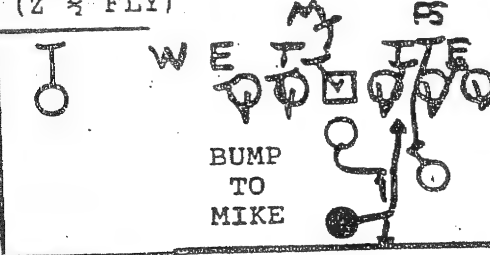


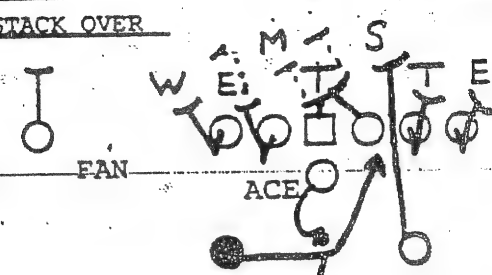
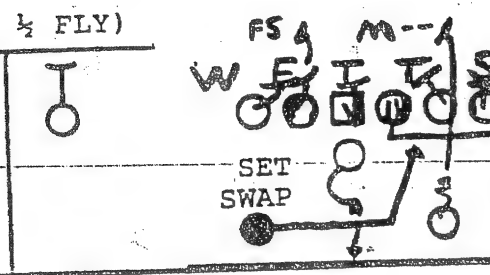
PLAY NUMBER: H-42 ACE (SWITCH)

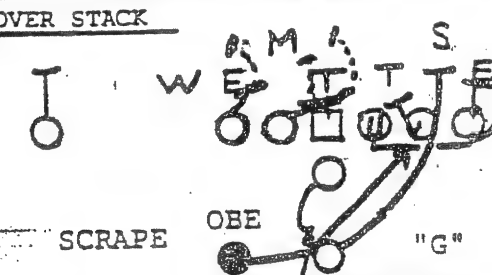
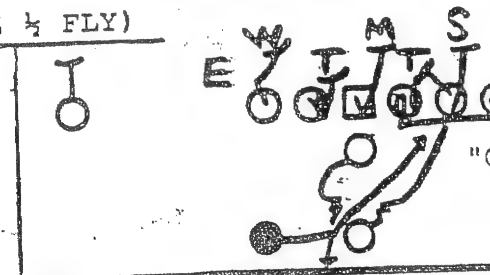
BASIC BLOCKING: SLIDE

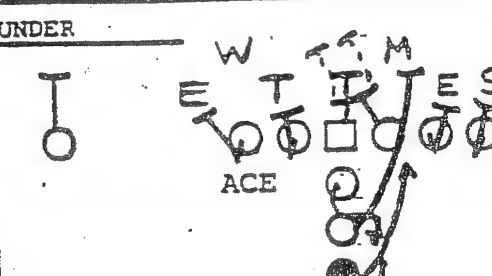
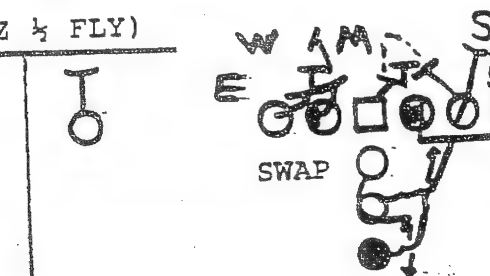
<b>FORMATIONS</b> 0 0 Strong 2 6 Z ½ Fly Slot Z Motion 1 Close ZF	  
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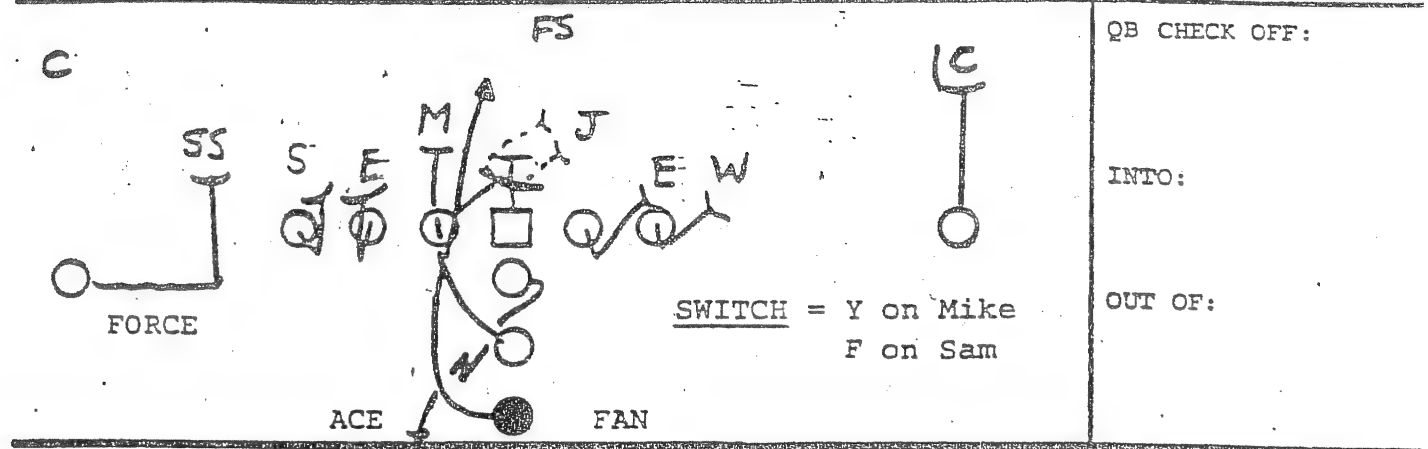
<b>BALL CARRIER:</b>	Lead step then cross over to square up behind Tackle - Read FB's block for cut
<b>BACK</b>	: Open lead - Drive at outside hip of Guard - Block 1st LB'er from Center to strong side
<b>Y</b>	: Quick Set - Take EMLOS wherever he rushes - Pressure him - CP CP - Tackle Bubble
<b>X</b>	: Block Man On
<b>Z</b>	: Block Force - CP G Lead Signal From QB

<b>4-4</b>	 	<b>"0" STRONG (Z ½ FLY)</b>	<b>6-2</b>
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<b>STACK OVER</b>	 	<b>"6" (Z ½ FLY)</b>	<b>OVER WIDE RE</b>
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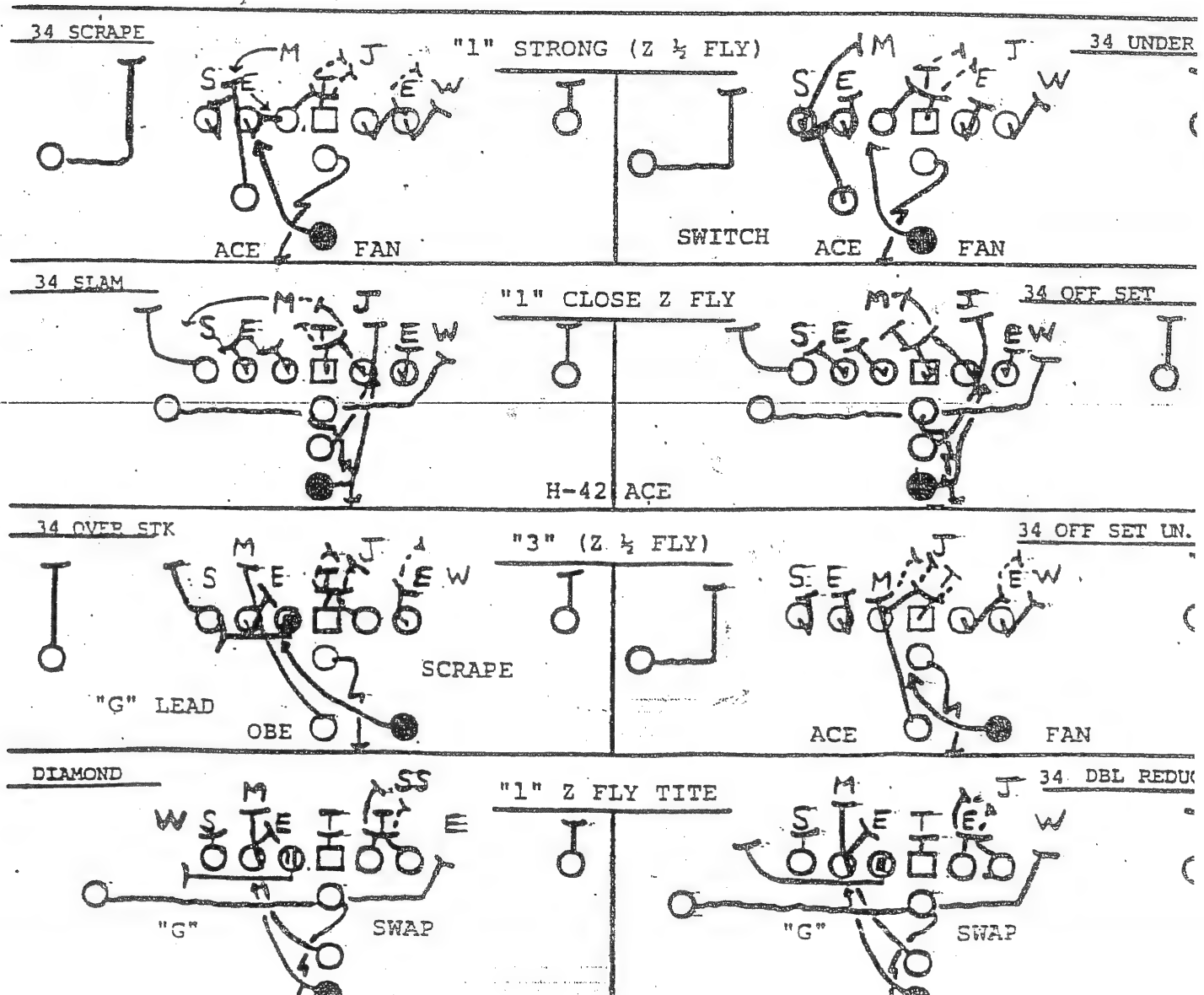
<b>OVER STACK</b>	 	<b>"2" (Z ½ FLY)</b>	<b>OFF SET S</b>
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<b>UNDER</b>	 	<b>"0" (Z ½ FLY)</b>	<b>OFF SET V</b>
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QB ACTION AND ALERTS:

Reverse Pivot - Get ball deep to ball carrier -  
Set up faking play action - 142/143



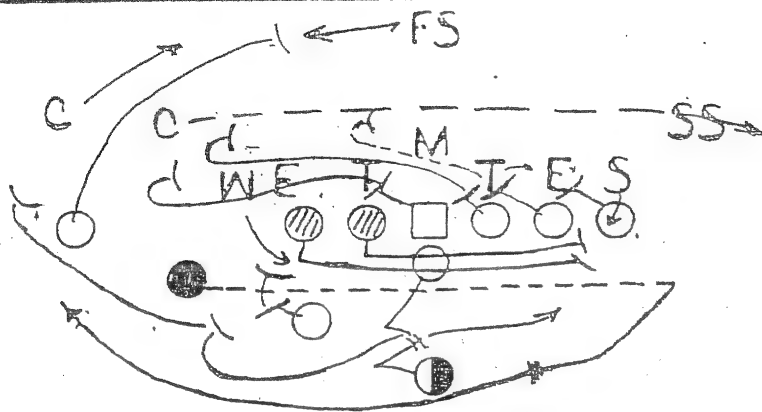
## FORMATIONS

0 WK

0 WK SLT (Z MOT)

2 SLT (Z MOT)

0 UP SLT (Z MOT)



## BALL

CARRIER: TAKE CTR 36 SPEC STEPS - HAND BALL TO Z COMING OVER TOP

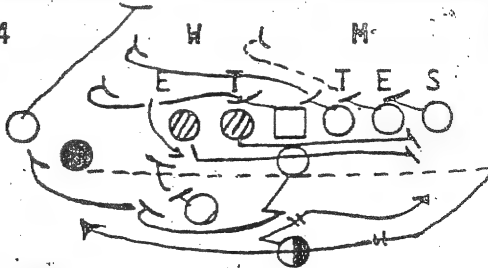
BACK: SET UP TO CUT OFF END MAN ON LOS - INVITE HIM INSIDE AND TAKE HIM

Y: BLOCK CTR 36 SPECIAL - C.P. TACKLE BUBBLE BLOCK DOWN EXCEPT DIAMOND AND A WIDE

X: BLOCK MIDDLE 1/3

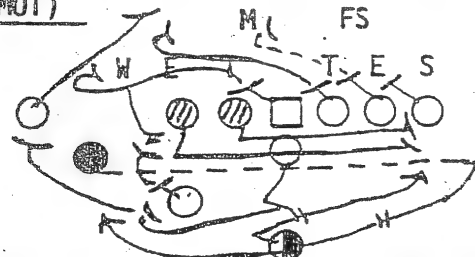
Z: YOU ARE BALL CARRIER - ADJUST ON BACK AND RECEIVE BALL OVER TOP

4-4

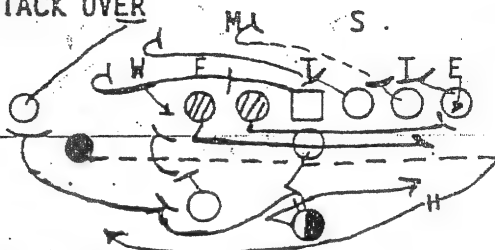


0 WK SLT (Z MOT)

6-2

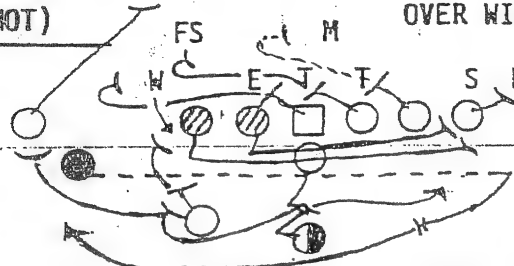


STACK OVER

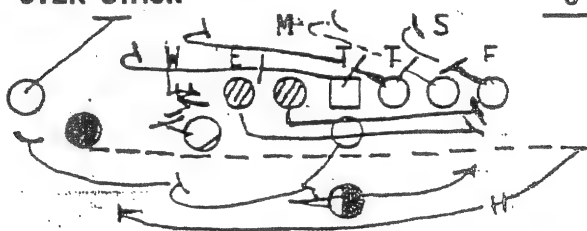


2 SLT (Z MOT)

OVER WIDE RED

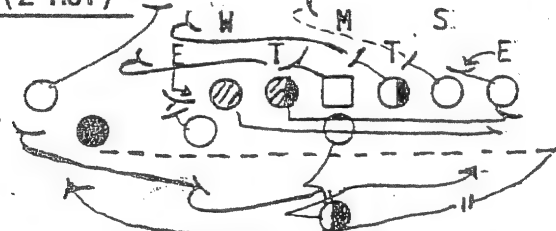


OVER STACK

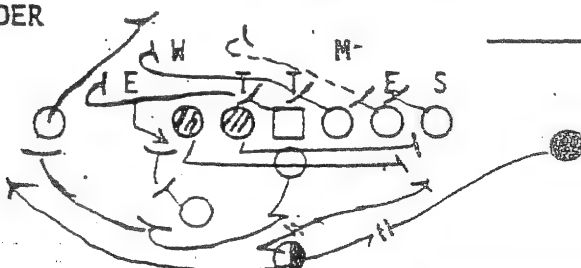


0 UP SLT (Z MOT)

OFF SET ST

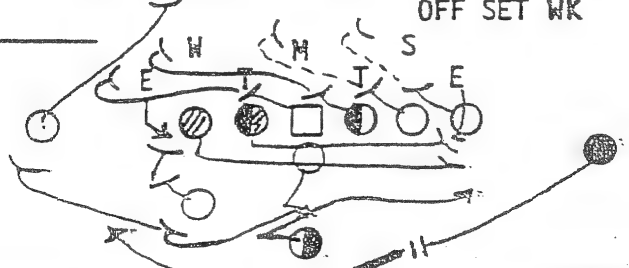


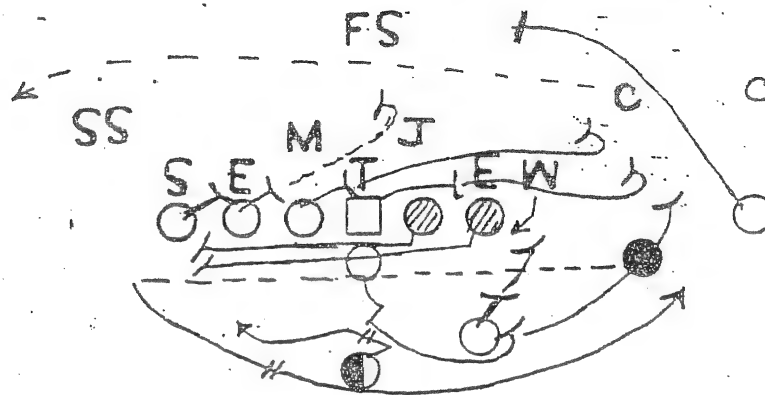
UNDER



0 WK

OFF SET WK





QB CHECK OFF:

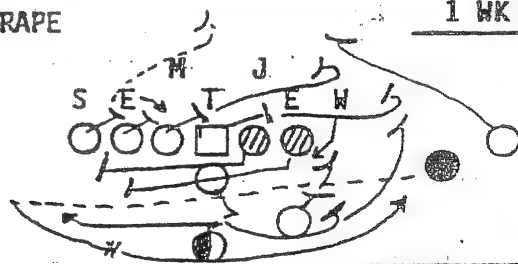
IN TO:

OUT OF:

## QB ACTION AND ALERTS:

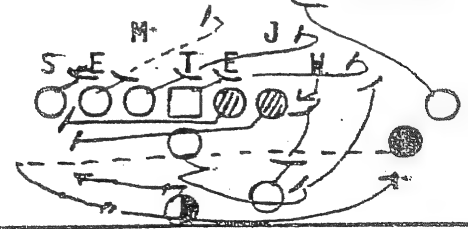
OPEN TO BACK - RIDE CTR 36 and 37 SPECIAL STEPS - AFTER HANDING BALL OFF,  
PIVOT AND BE A LEAD BLOCKER FOR REVERSE

## 34 SCRAPE

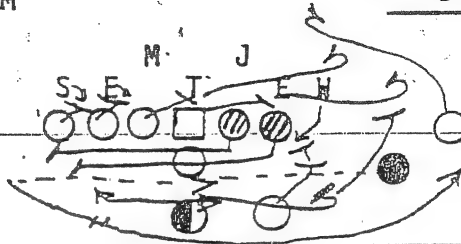


1 WK SLT (Z MOT)

## 34 UNDER

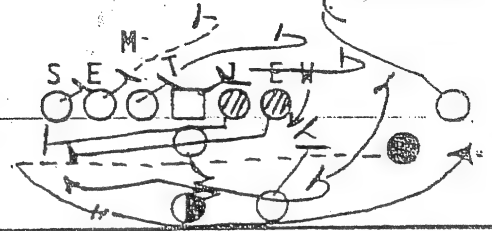


## 34 SLAM

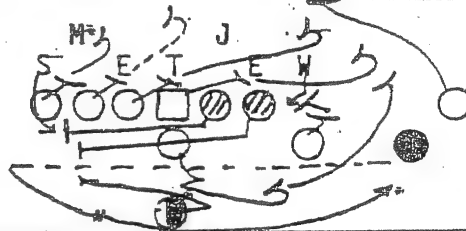


3 SLT (Z MOT)

## 34 OFF SET ON J

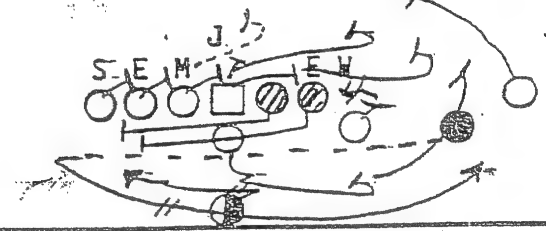


## 34 OVER STACK

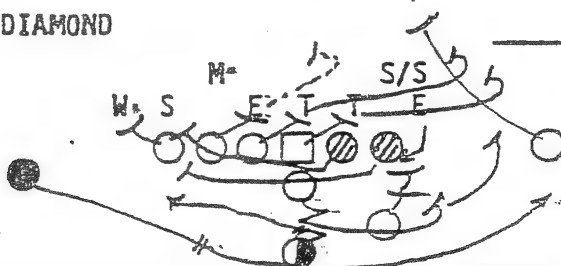


1 UP SLT (Z MOT)

## 34 OFF SET ON M

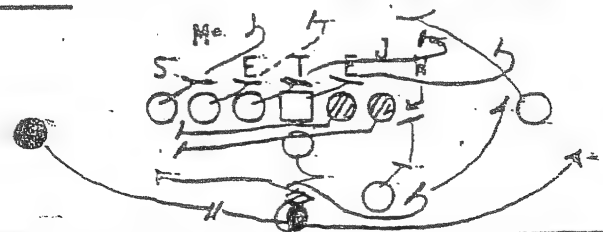


## DIAMOND



1 WK

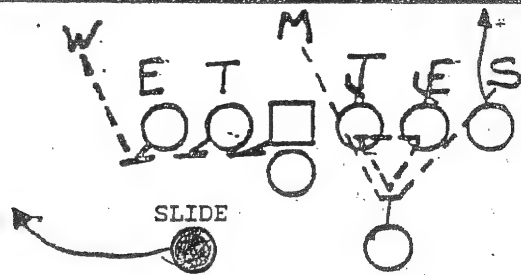
## 34 DBL REDUCE



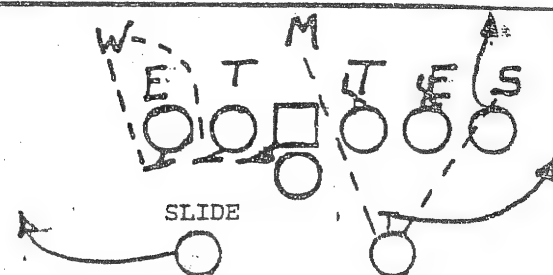
## 74-75 PASS PROTECTION

74 Pass Protection - Flare control with HB having a FREE RELEASE into the pattern while the FB has dual pick up - Mike to Sam. Y is Hot Receiver on 2 St. Blitz.. The uncovered lineman will pick up Will.  
(Vs. a 3-4, the On Guard and Center are responsible for the Nose Tackle and Jack LB).

- A. If the Mike and Sam do not blitz - and no variation is called - the FB will run his designated route.
- B. Vs. Sub defenses, the FB has the first onside blitzer and then his triangle. The uncovered lineman has the first offside blitzer and then his triangle.
- C. If we want to change the assignment of the FB, we must add a tag to the call.
- D. When we change the FB's assignment, he is no longer responsible for the onside triangle. Therefore the uncovered lineman must check his blitzer and then support the triangle of the two middle blockers to give maximum strength to the middle of the protection.
- E. When the word "Quick" is added to pattern it equals 74-75 assignments and 90 techniques. QB will use 3 step drop or 5 Quick.

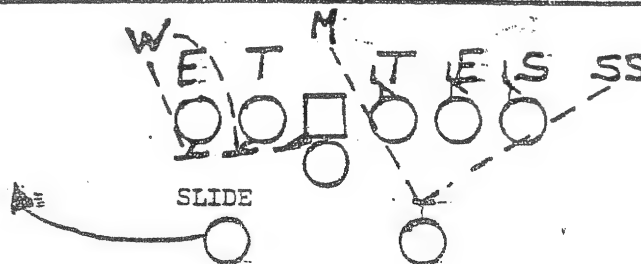


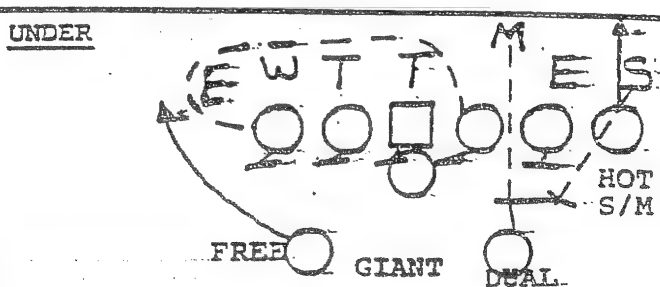
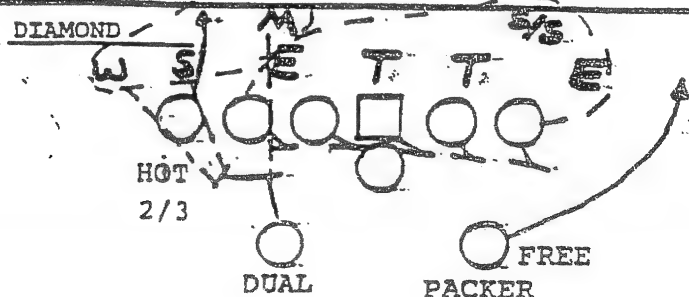
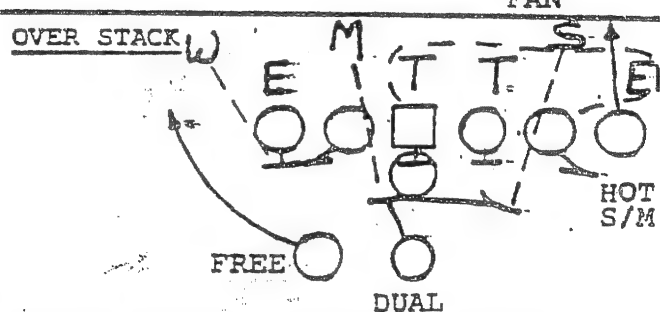
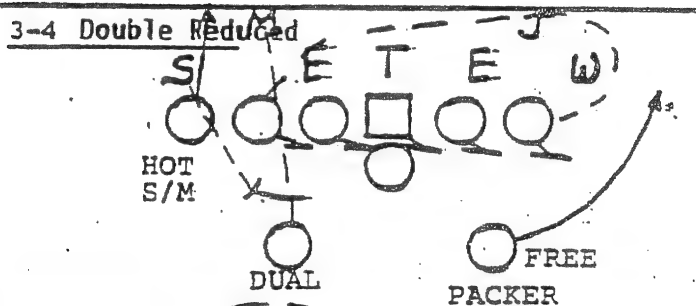
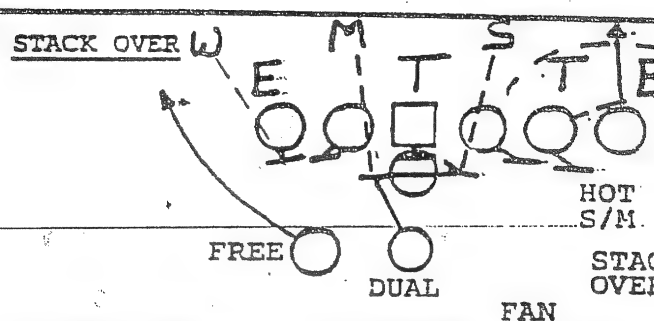
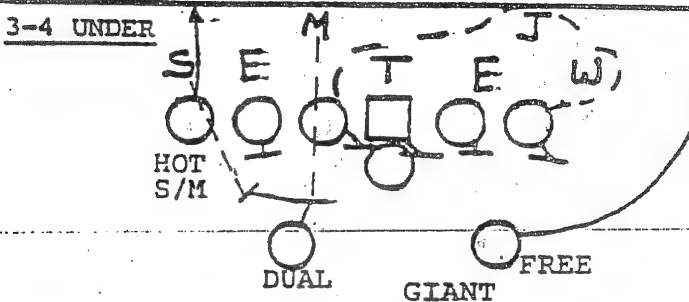
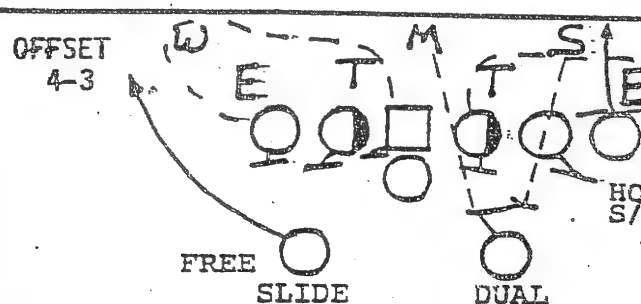
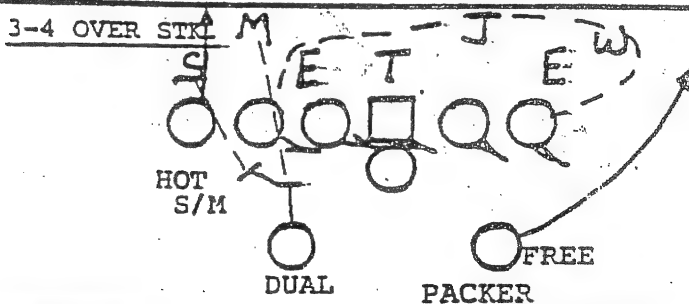
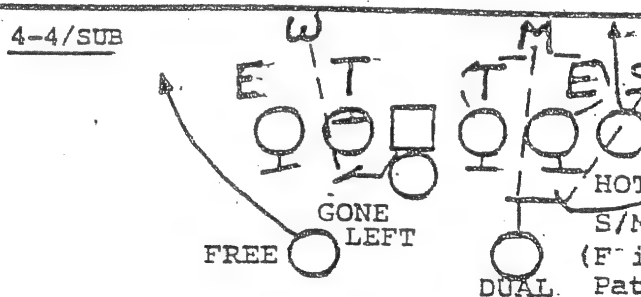
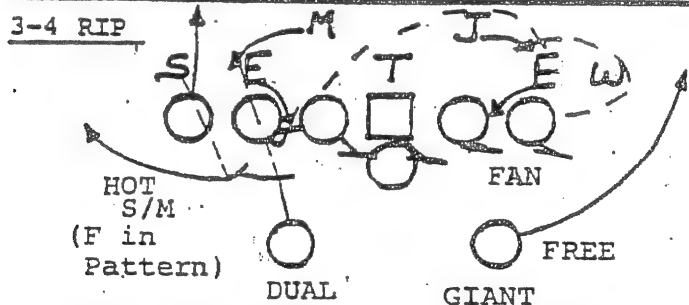
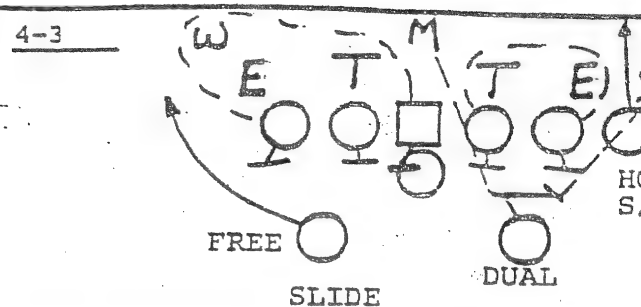
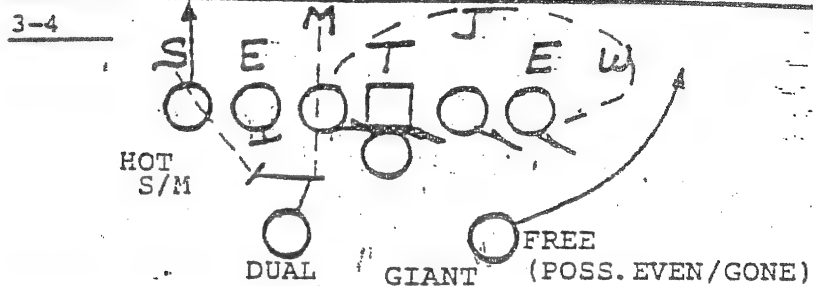
74

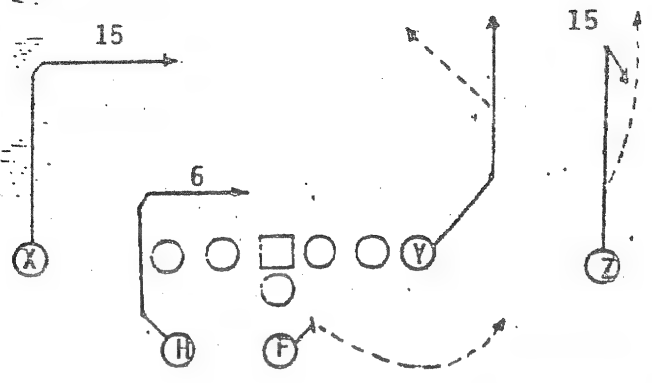
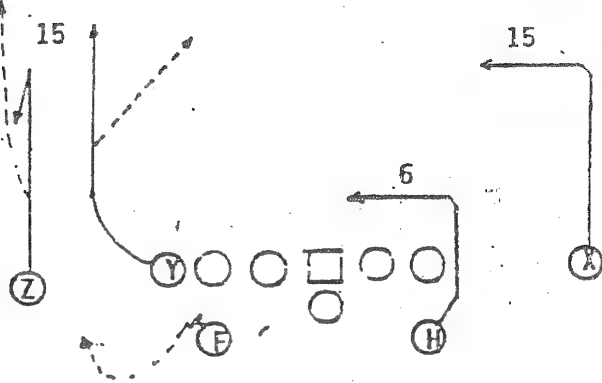


74

74 Slow Protection - Flare control changes - Y has man on alert "out" call vs. wide look.







QB 7 STEP DROP - Y IS HOT/SA: FS WEAK - WORK STRONG, VS. COV. 2 WORK Y TO Z;  
SECONDARY READ - F.S. IN C.F. - WORK WEAK.

FB DUAL M TO S - N.T. - RUN CHECK M

HB FREE RELEASE - RUN 6 YD. CROSS ROUTE.

X RUN "IN" ROUTE - ALERT FS BLITZ - S.A.

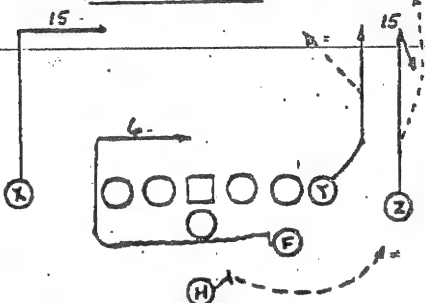
Z RUN "COMEBACK" - PIVOT OUT VS. PRESS, FADE VS. ROLL

Y SEAM READ - S/A VS. S & M OR S & SS

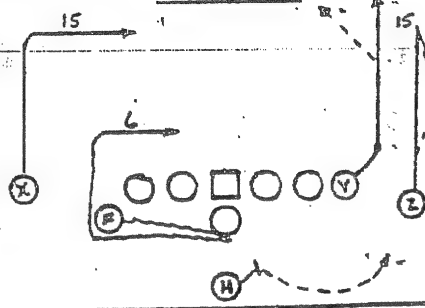
COMMENTS: PATTERN IS USED WHEN THE UNDERNEATH COVERAGE OVER PLAYS WEAK SEAM

FORMATIONS: 2-3/0-1 FLD FF 0-1 WK 0-1 UP FP

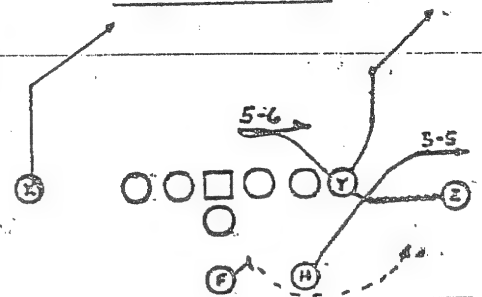
OSTR. FF-74



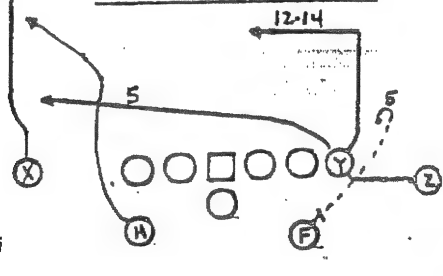
OUP FP-74



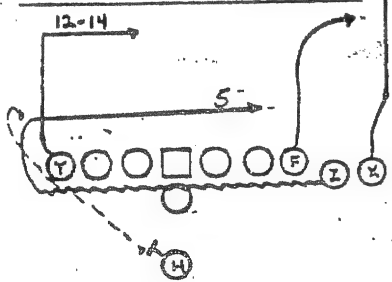
8 ZHF-74 Z-RET



6-ZHF-74 H BOW OUT

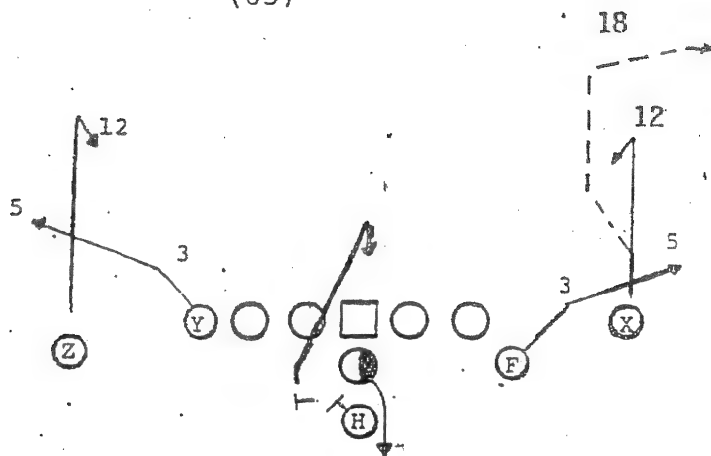


1 ON S ZH-75 F BOW OUT

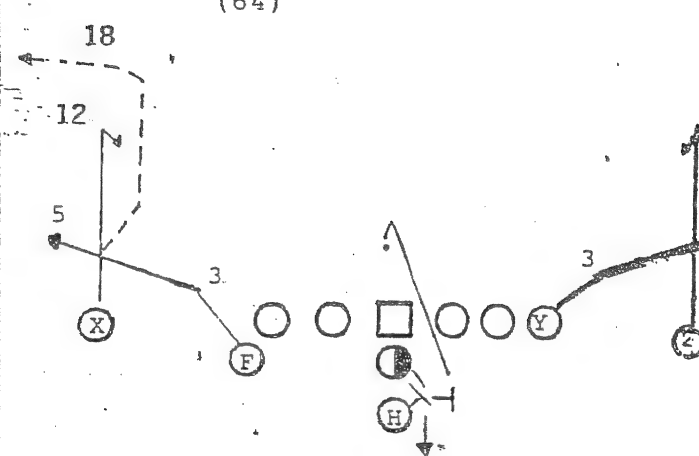




75 SEMI D-CURL  
(65)



74 SEMI D-CURL  
(64)



QB -

5 Step Drop - Refer Read Sheet - Directional Read

FB -

Dual Mike to Sam N.T. Execute a Check Thru Route

HB 6000

Free release      Execute a Flat Route

X -

Execute a normal width Semi Curl - vs. Roll - Run Semi - Q

7 -

Execute a normal width Semi Curl - Alert S/A Sam - SS Blitz

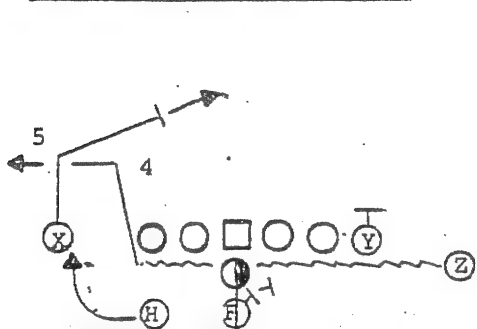
**Y** **2000**

Execute a Flat Route - Alert Hot Vs. Mike/Sam - Alert S/A Sam - SS  
Blit

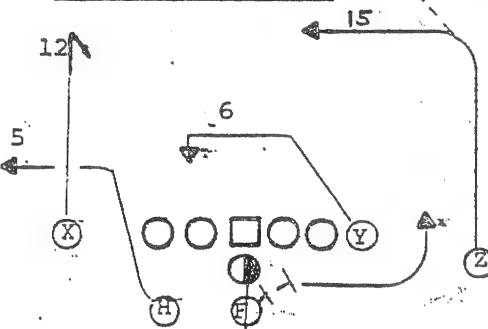
COMMENTS: Possible "X" (K)

FORMATIONS: 0-1 Up - ' 0-1 Fld F-Fly - Y-Motion 2-3 Up, 0-1 Out ZF, E-Rt/Lt ZF

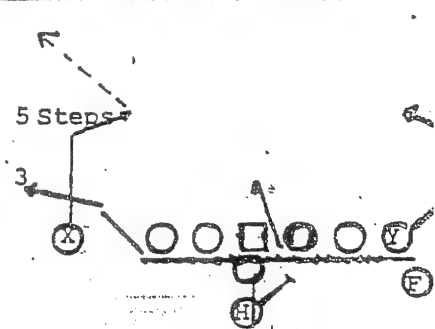
2ZF - 74 Slow Semi D-Pick



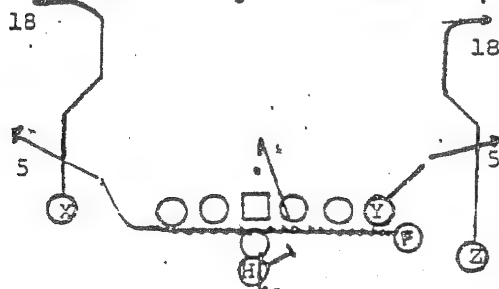
2 - 74 Semi X-Curl



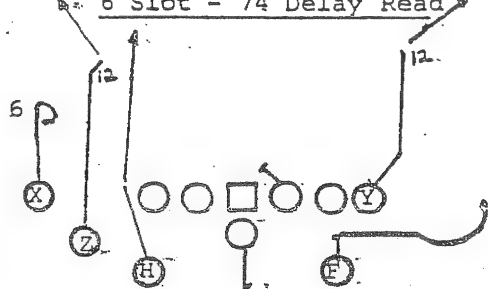
DF1d F-Fly-74-75 Quick D-Sla



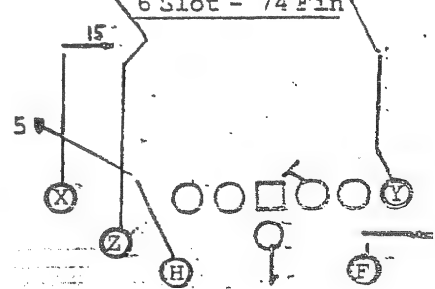
OF1d F-Fly-74-75 Semi D-Q

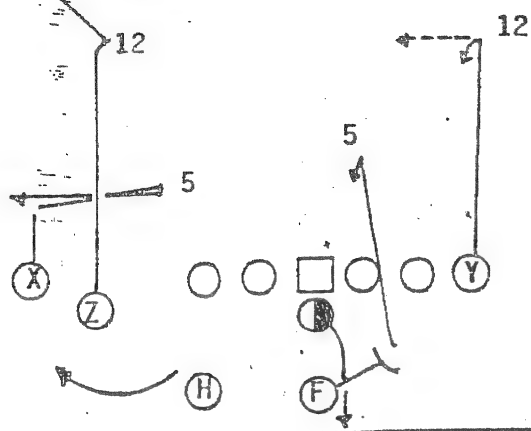
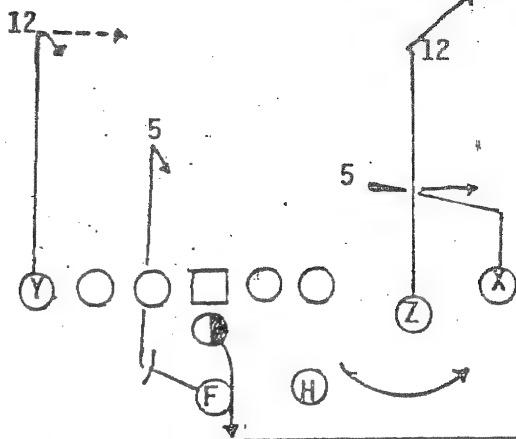


6 Slot - 74 Delay Read



6 Slot - 74 Fin





QB PROGRESSION READ - Z ON FLAG - X ON RETURN - TO CHECK "M"  
ALERT FB ON CHECKDOWN OVER THE BALL

FB DUAL MIKE/SAM N/A CHECK - OVER BALL

HB FREE RELEASE RUN "M" ROUTE

X EXECUTE RETURN ROUTE C.P. SA WEAK SAFETY BLITZ

Z 12 YARD FLAG ROUTE

Y 12 YARD IN ROUTE C.P. HOT VS. 2 STRONG POSSIBLE SLOW

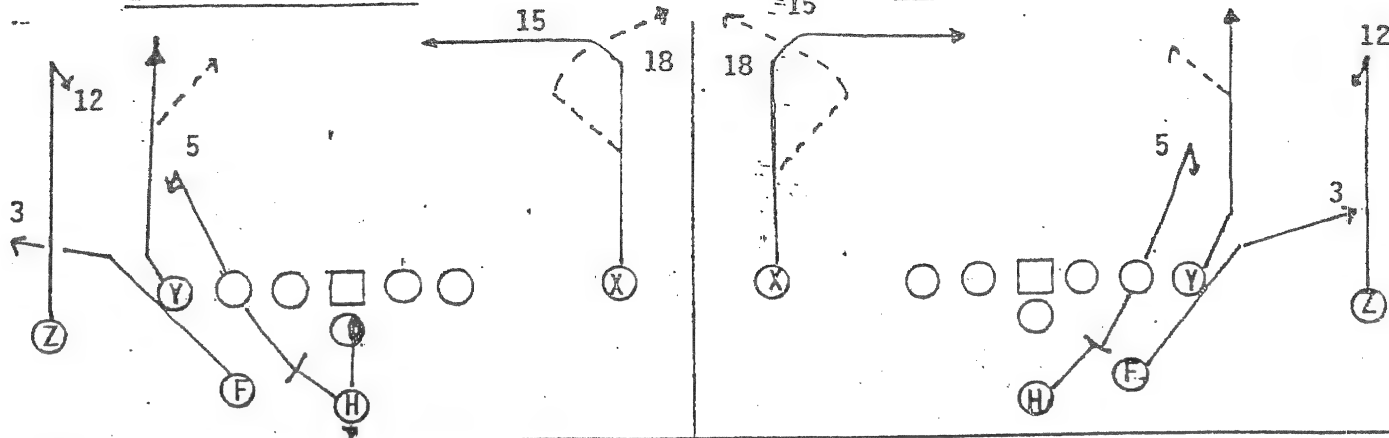
#### COMMENTS:

#### FORMATIONS:



1 STG 75 SEMI CURL

0 STG 74 SEMI CURL



QB 5 Step Drop - Secondary Read - 3 Deep - Z-Y-F Back-X on Thin Post 2 Deep or Seam Y-F Back X on K - Man Z-X on Curl - SA - 2 Strong

FB Free Release Arrow Route

HB Dual Mike to Sam then 5 yard stop route

X Execute An "IN" Route at 15 - Alert S/A Weak Safety Blitz VS. Roll Run Semi - Q

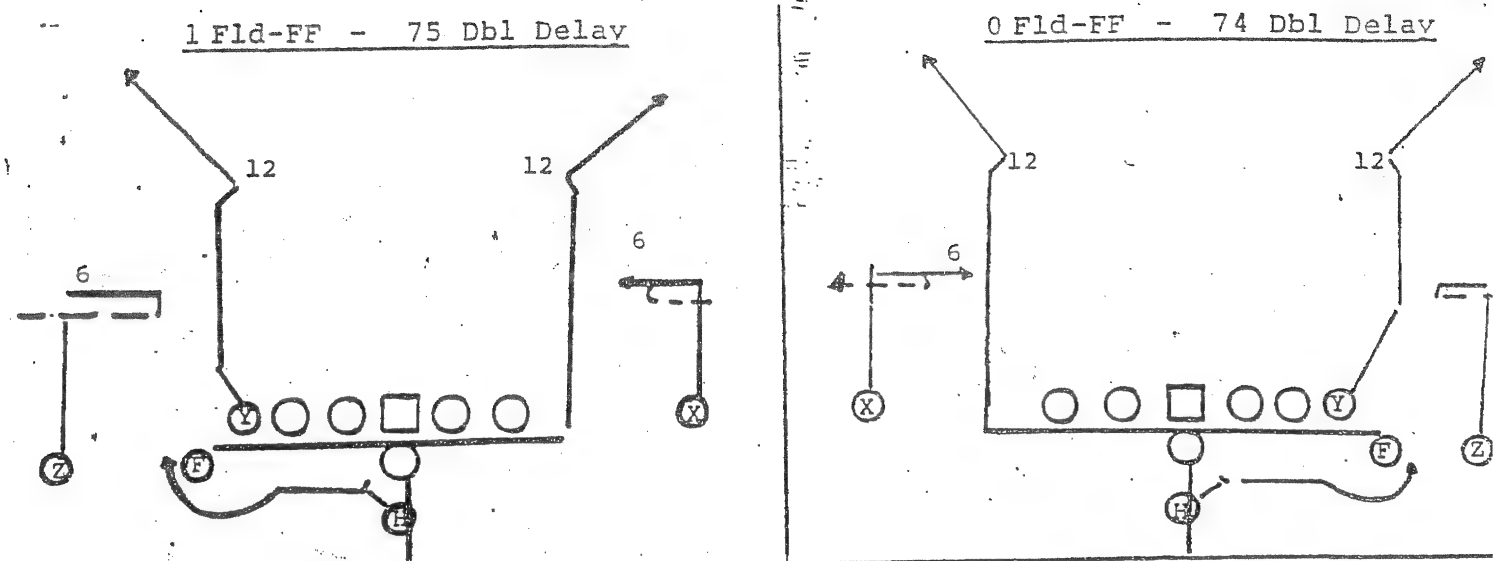
Z Execute 12 yard Semi Curl - Alert S/A Sam - SS Blitz

Y Execute Seam Read - Alert Hot Vs. Mike/Sam - Alert Sam/SS Blitz

COMMENTS:

FORMATIONS:

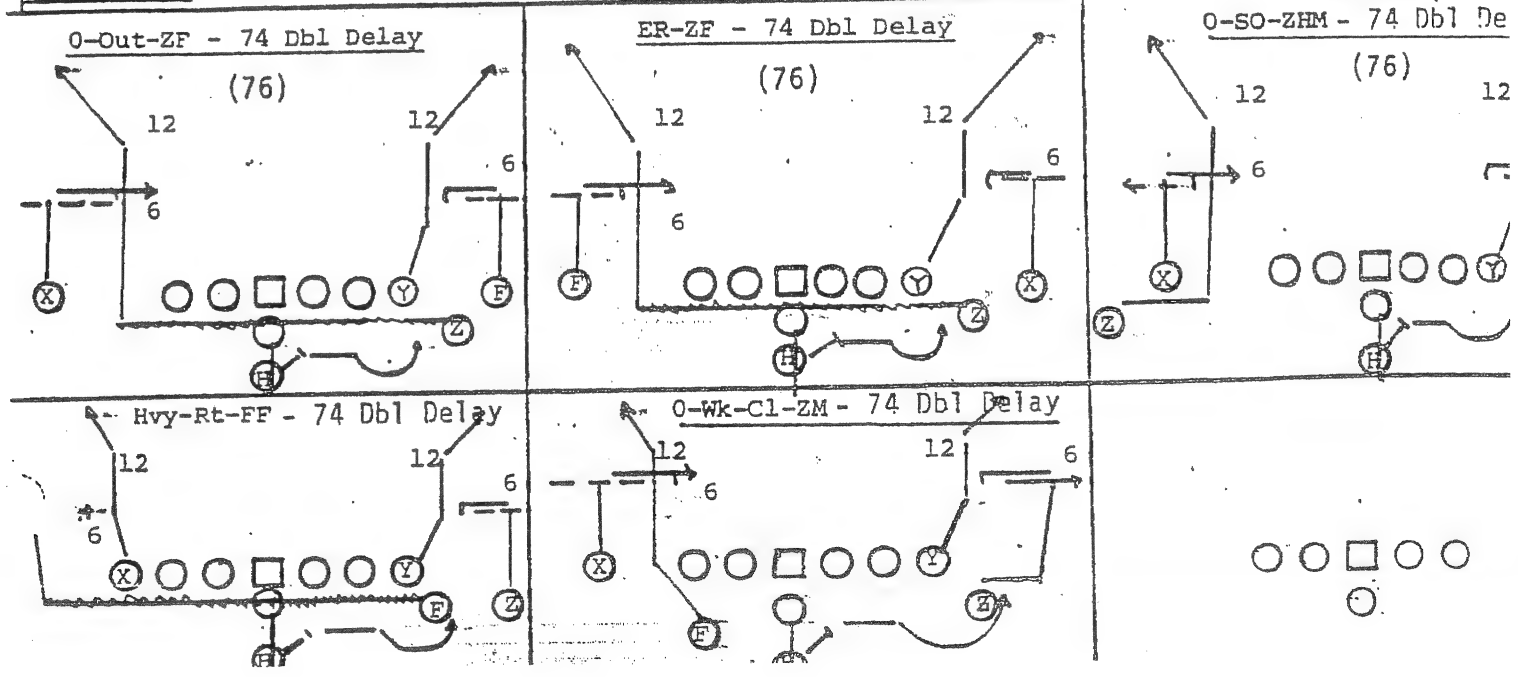




- QB - 7 Step Drop - Secondary Read - 'FS' M.F. or Strong, Think Weak, Flag to Delay - FS Weak, think Strong, Flag, Delay - Check M Vs. W Cov. 2, think Weak
- FB - Free Release, Execute a Flag Route
- HB - Dual Mike to Sam, NT - Execute a Check M
- X - Normal Width, Execute A Delay Read Route - Alert SA FS Blitz
- Z - Normal Width, Execute a Delay Route, Automatic Return - Alert SA SS/Sam Blitz
- Y - Outside Release, Execute a Flag Route - Alert Hot Vs. Mike/Sam, SA SS/Sam

COMMENTS: Delay Receiver to the side of the Check M - Automatic Return, Delay Receiver away from the Flare Control has a true Man-Zone Read

FORMATIONS: Any 2-2 formation allowing quick releases for the Flag Routes



## 76-77 PROTECTION

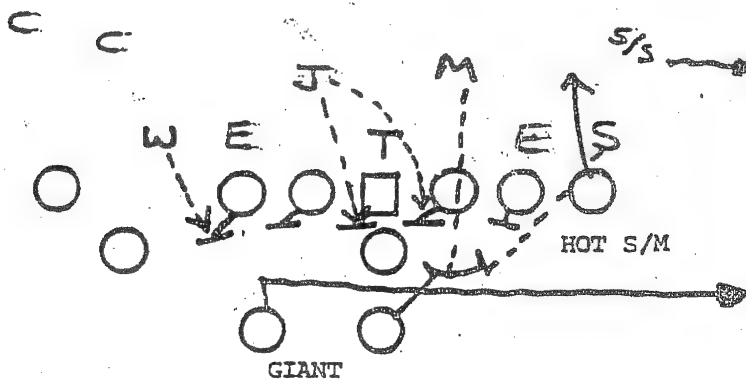
76 Protection - Identical to 74(75) Protection except 76(77) will be used from One Back Formations or Motion to a One Back Set. We will adjust this protection with a "Solo" call (made by the Center) if a weakside cover linebacker is removed. The uncovered lineman will pick up the first LB'er, weak to strong. The FB will pick up the second LB'er. This call will be used vs. 6 Man fronts. (C.P. vs. 34 "Solo" equals Scan protection)

76 Quick Protection - When the word "Quick" is added to pattern it equals 76-77 assignments with 90 techniques. QB will use 3 step drop or 5 Quick

"Base" call will be used vs. Diamond fronts when a LB'er or Safety leaves the box - leaving 7 men in the box.

(7 MAN FRONTS)

2SHM 76 (Vs. 3-4) FS.

LB Stays

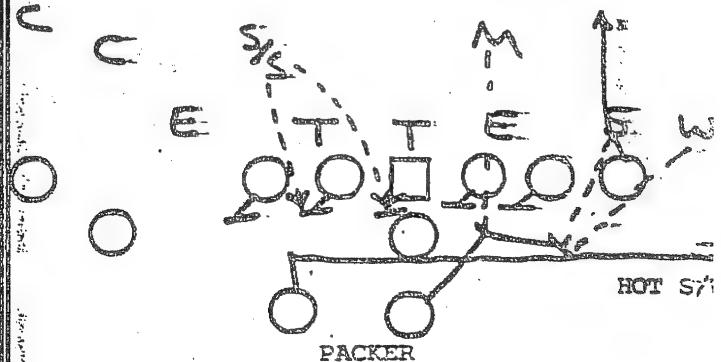
No Adjustments by LB'ers = Same assignments as 74.

(S/S-Adjusts)

(No Solo Call)

(8 MAN FRONTS)

2SHM 76 (Vs. Diamond) FS.

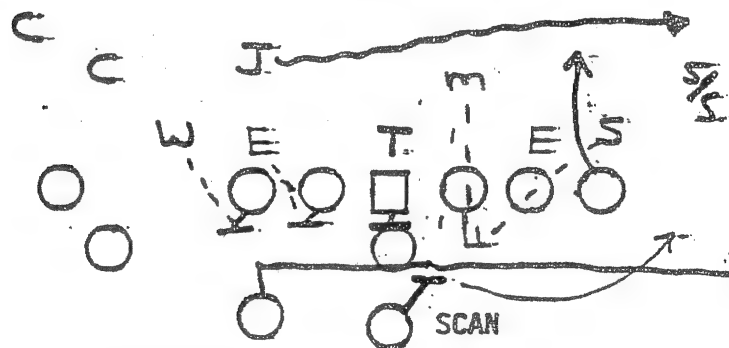
S/S Stays

No Adjustments by S/S = Same assignments as 74.

(F/S-Adjusts)

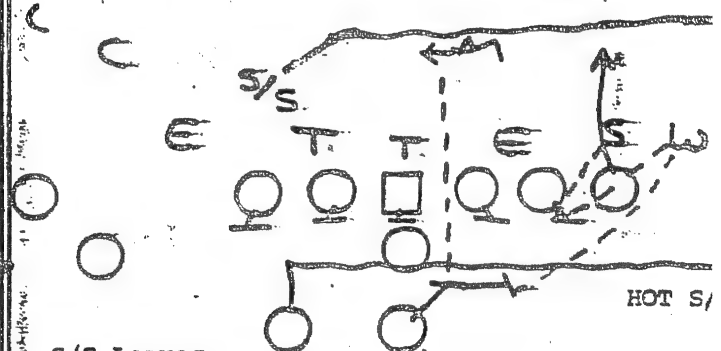
(No "Base" Call)

2SHM 76 (Vs. 3-4 Ov/Un) FS.

LB Leaves

"Solo" Call by OL when Jack leaves.

2SHM 76 (Vs. Diamond) FS.

S/S Leaves

"Base" Call by OL when S/S leaves.  
(Cancels Packer/Giant/Slide Call)

FB = Mike

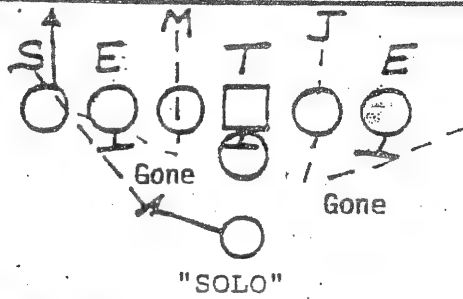
Uncovered(OT) = Scan S &amp; I

76-77 PROTECTION  
"Solo"

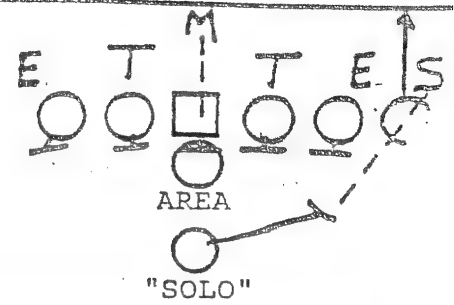
77

76

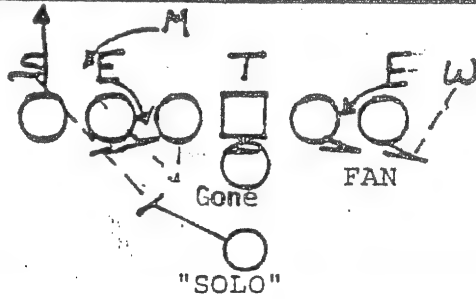
3-4



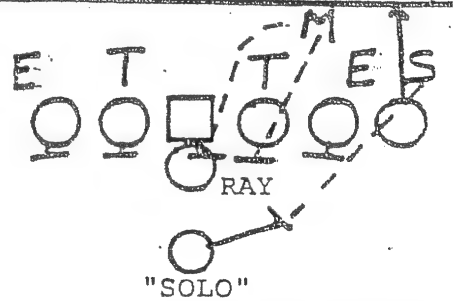
4-3



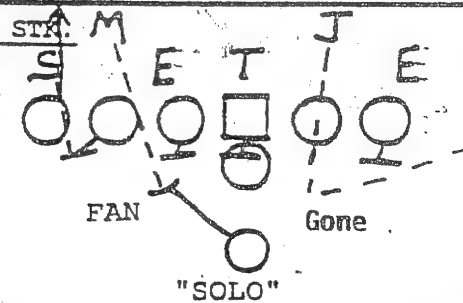
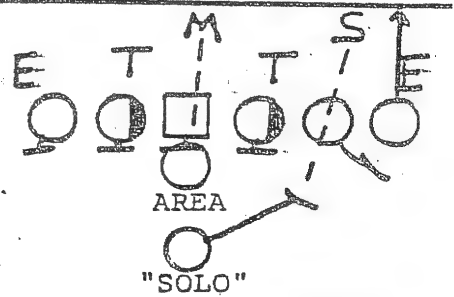
3-4 RIP



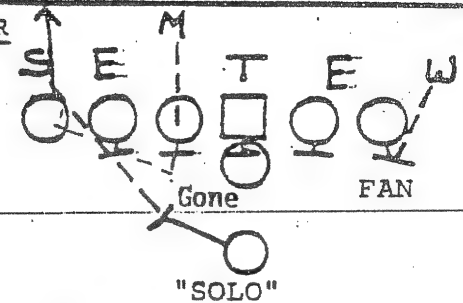
4-4/SUB



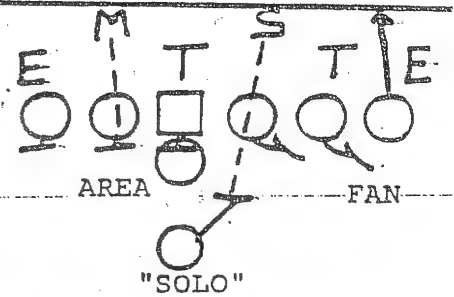
3-4 OVER STR.

OFFSET  
4-3

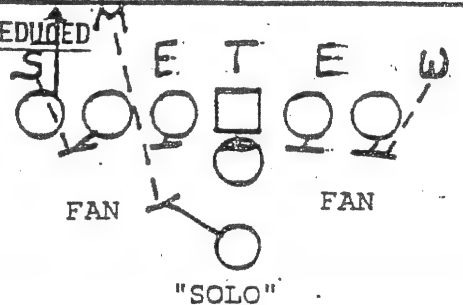
3-4 UNDER



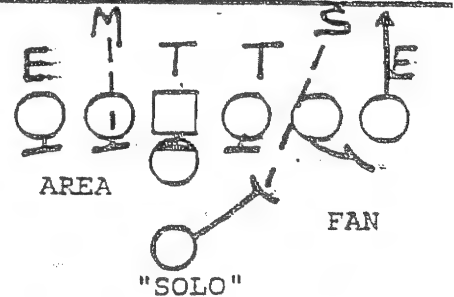
STACK OVER



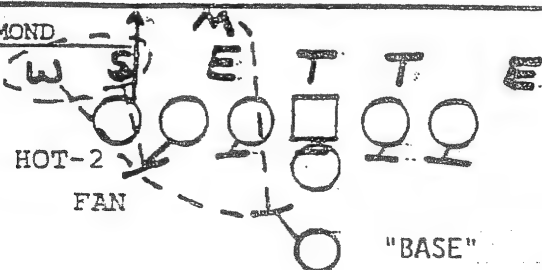
3-4 DOUBLE-REDUCED



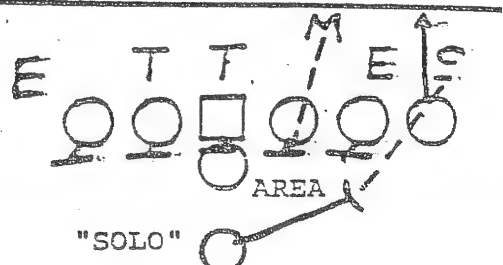
OVER STACK

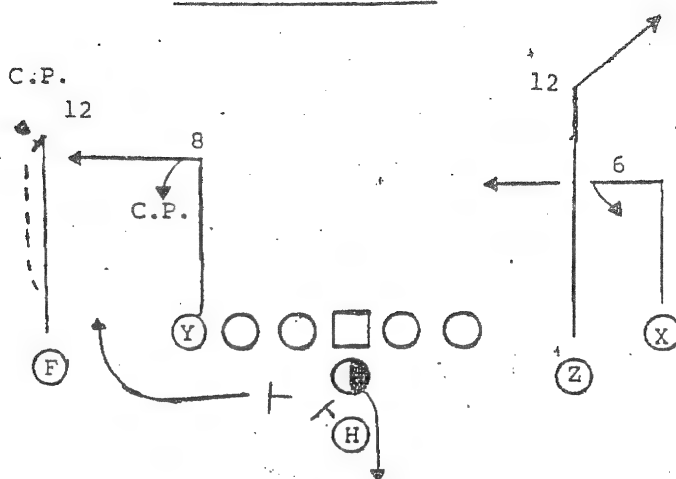
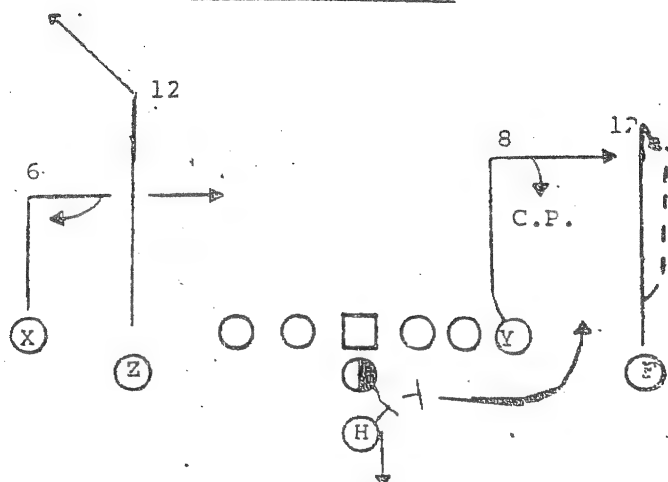


DIAMOND



UNDER



77 SEMI Y-HOOK76 SEMI Y-HOOK

QB - 5 Step Drop - Progression: Y(Hook), F(Turn), H(M) - Alert Press on Z, or FS To Y

FB - Free release - Execute a semi Route Stay Wide Force Outside Release

HB - Dual Mike to Sam N.T. - Execute an M Route

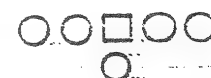
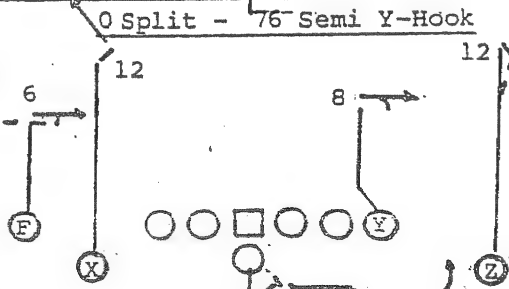
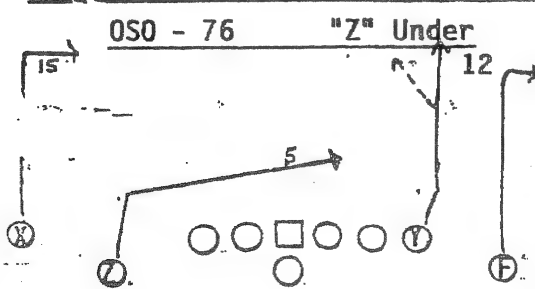
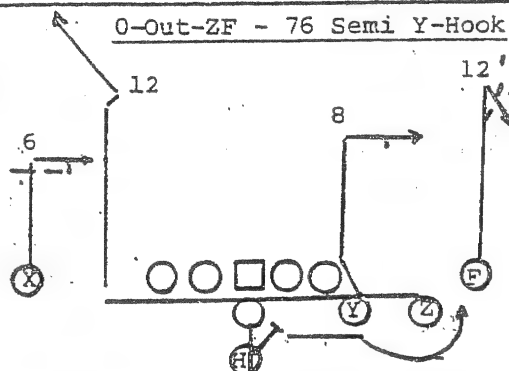
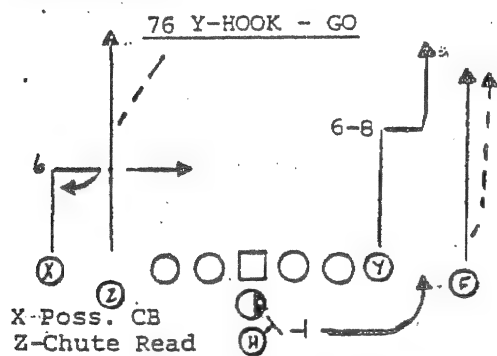
X - Execute a Delay Read C.P. Alert S/A Weak Safety Blitz

Z - Execute a Seam Read - Alert S/A Weak Safety Blitz

Y - Execute the Hook Concept - C.P. - Alert Hot Vs. Mike/Sam

COMMENTS:

FORMATIONS: 2-3-SHM-8-9 SO - 0-1 SO - 0-1, 8-9-Out-Z-Fly



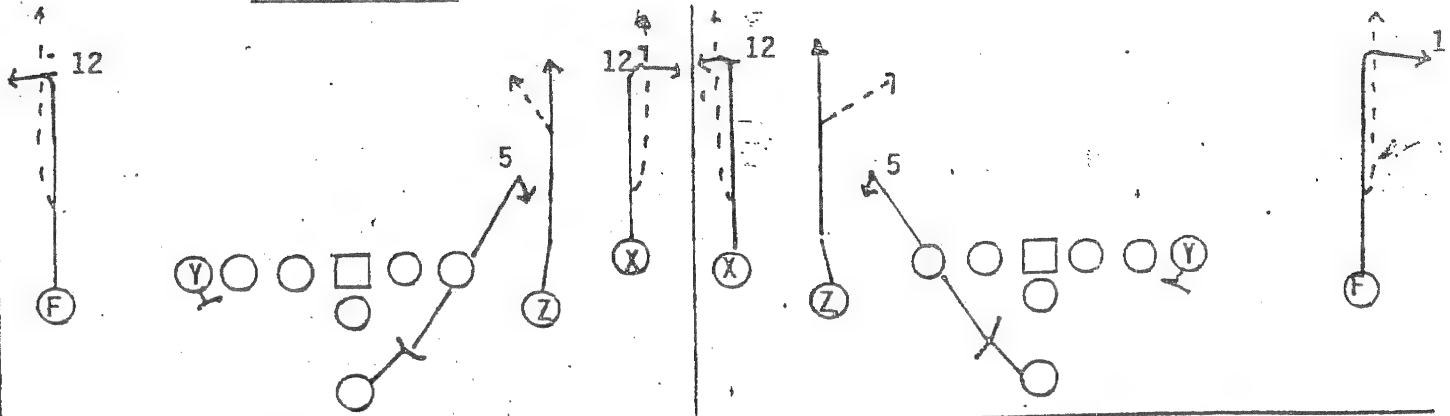




4.

ISO - 81 SEMI

OSO - 80 SEMI



QB 5 Step Drop - Secondary Read - 3 Deep - X to Z - Back - 2 Deep or Seam  
Z to X - Back - Alert Seam Route - Game Plan Semi Side

FB Free Release - Semi at 12 yards

HB Block Responsibility Will, N.T. - Stop Route

X Execute Semi Route at 12 yards - Alert S/A FS Blitz

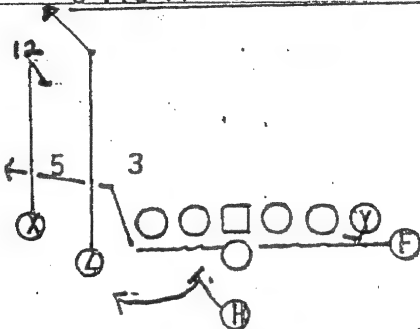
Z Execute Seam Read - Alert S/A FS Blitz

Y Block Responsibility Sam (Zone) N.T. Check Down

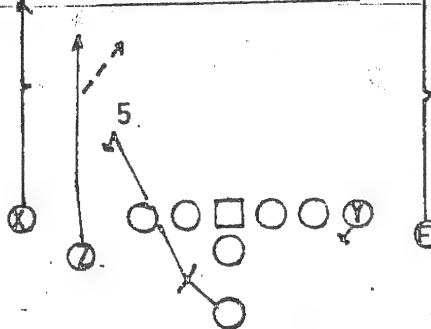
### COMMENTS:

FORMATIONS: 0 - Out - Eagle - Split

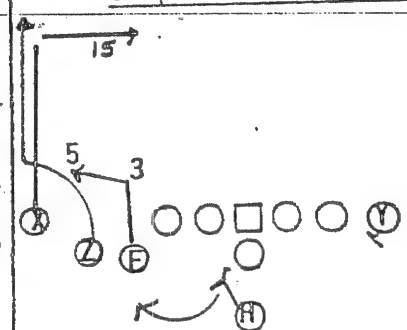
0 Fld-FF - 80 Semi Flood



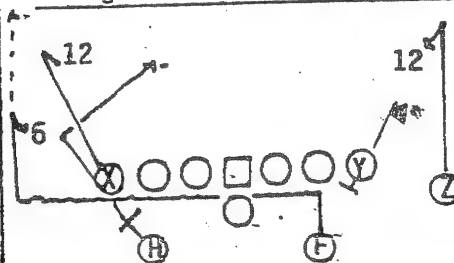
OSO - 80 Semi Go



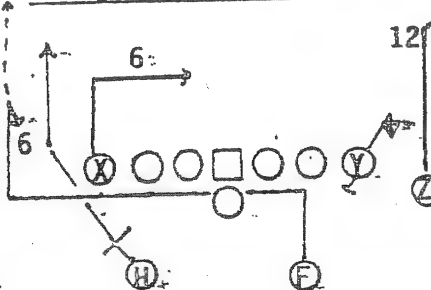
0 Up Slot - 80 Semi Swinc



6 Tight-FF - 80 Semi H Angle

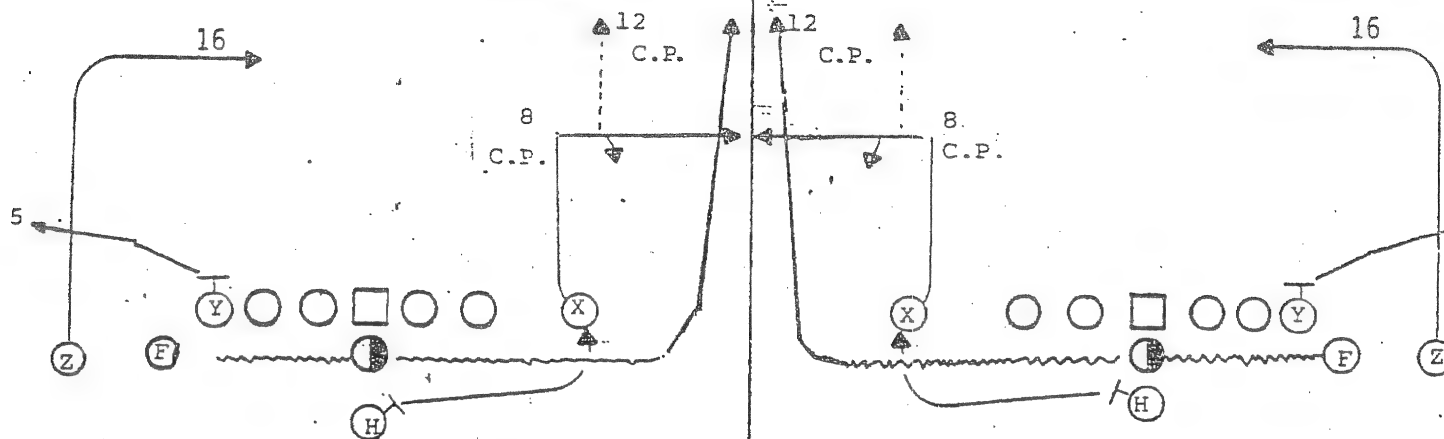


6 Tight-FF - 80 Semi H Seam



1 FLD-FF - 81 X HOOK (SEMI)

0 FLD-FF - 80 X-HOOK (SEMI)



QB -

7 Step Drop - Refer Read Sheet.

FB -

Fly Motion Outside X - Execute a Go Route

HB -

Check Will - N.T. Run check M - C.P. Alert Rip/Liz

X -

Open split, Run 8 yard Hook/Out C.P. Alert S/A Weak Safety Blitz

Z

Execute an In Cut Alert S/A Sam - SS Blitz

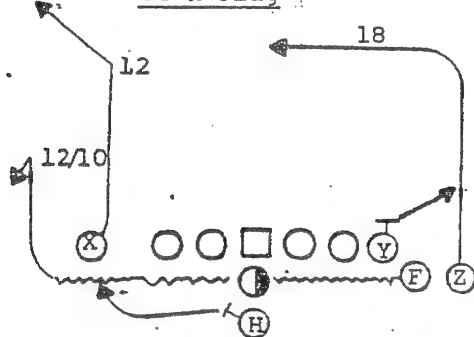
Y -

Check Sam - N.T. Run 5 yard check Flat - C.P. Alert Rip/Liz

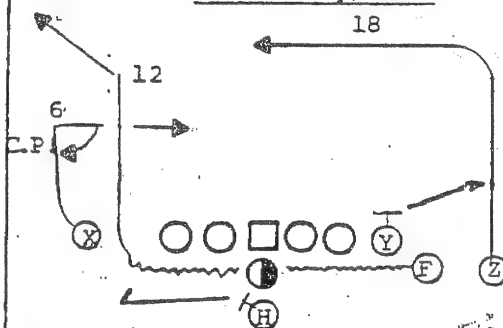
COMMENTS:

FORMATIONS: 0-1 Split, 2-3 HF

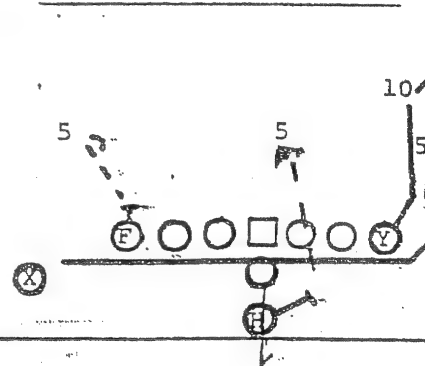
80 X-Flag



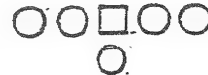
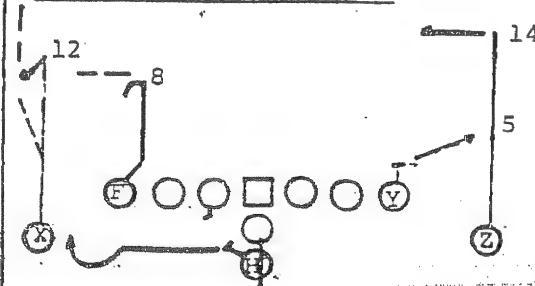
80 X-Delay/Read



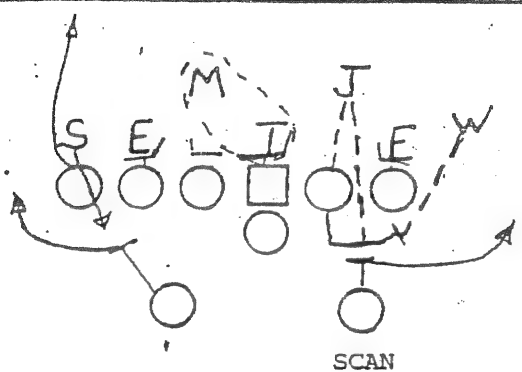
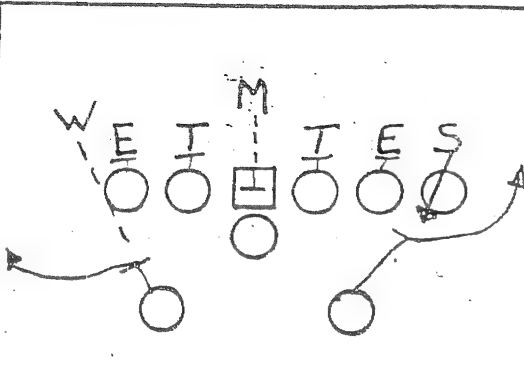
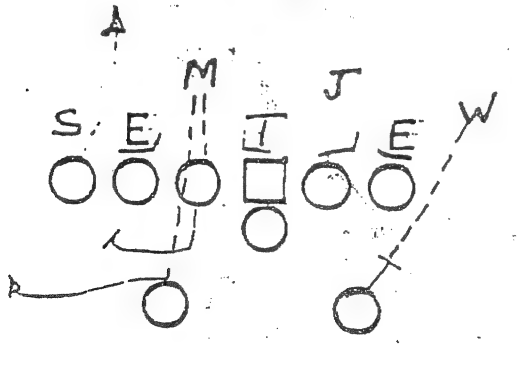
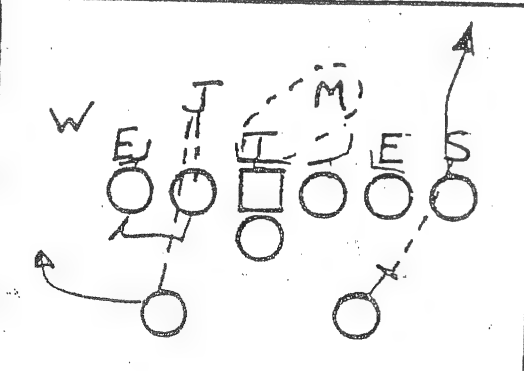
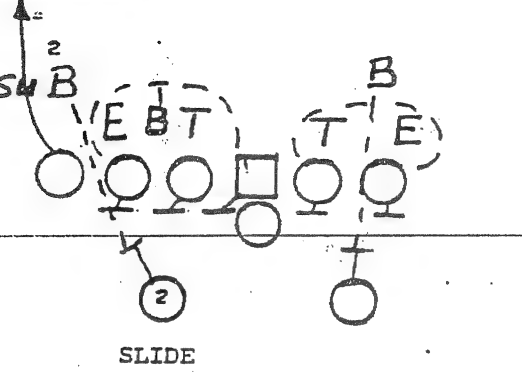
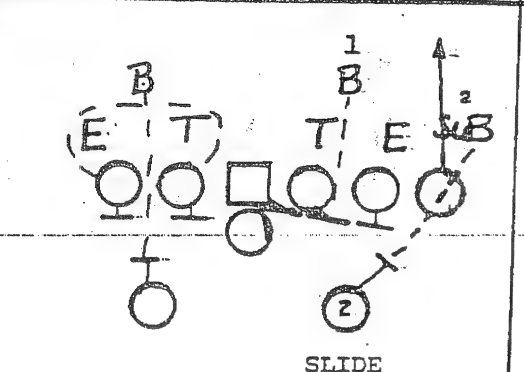
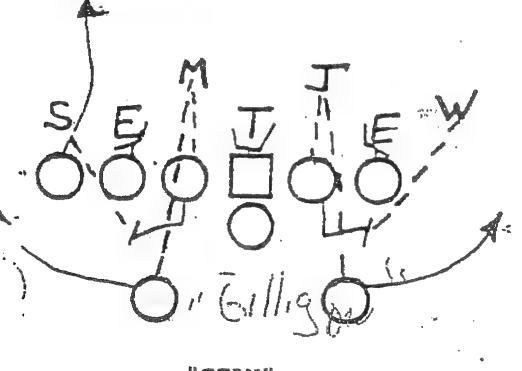
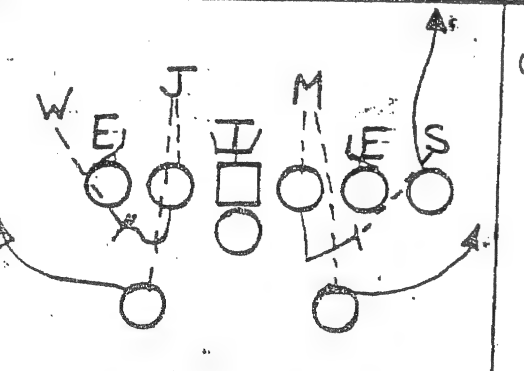
0-On-XM - 81 Z-Pick Out



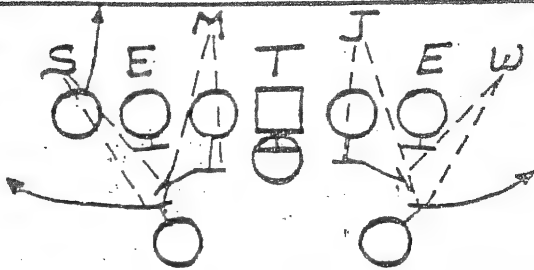
"0" On - 80 Semi F-Hook



## VARIATIONS OF BACKS ASSIGNMENTS

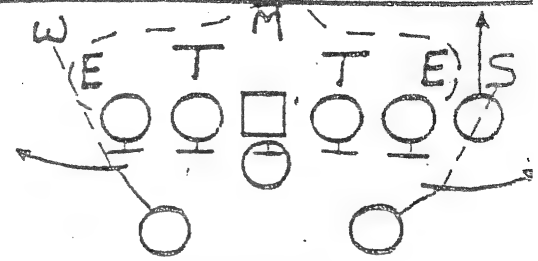
 <p style="text-align: center;">SCAN</p> <p style="text-align: center;">"F FIRE"</p>	 <p style="text-align: center;">"F FIRE"</p>	<p style="text-align: center;"><u>BACKS FIRE</u></p> <p>Backs "pop" respect Blitz pick-up, then release into checkdown, and immediately alert for ball.</p>
 <p style="text-align: center;">"LIZ"</p>	 <p style="text-align: center;">"LIZ"</p>	<p style="text-align: center;"><u>RIP or LIZ</u></p> <p>(Used only vs. a 3-4 defense)</p> <p>Back to side of call will have pick-up if both backers come. If only one backer comes, release into pattern. Guard to side of call will have dual pick-up on backers his side.</p>
 <p style="text-align: center;">SLIDE</p> <p style="text-align: center;">"LOUIE"</p>	 <p style="text-align: center;">SLIDE</p> <p style="text-align: center;">"ROGER"</p>	<p style="text-align: center;"><u>ROGER or LOUIE</u></p> <p>(Used vs. Sub defense)</p> <p>Vs. Sub defenses normally uncovered lineman has no blitz pick-up. On call of Roger or Louie, uncovered lineman has 1st blitzer to side of call. Back to that side has <u>second</u> blitzer.</p>
 <p style="text-align: center;">"SCAN"</p>	 <p style="text-align: center;">"SCAN"</p>	<p style="text-align: center;"><u>SCAN</u></p> <p>(Used vs. a 3-4 defense only)</p> <p>Both backs will have pick-up only if <u>both</u> backers to their respective sides come. If only one comes, they will release into pattern. Guards will have dual pick-up on backers to their sides.</p> <p>NOTE - All 80 Passes without a Tag will be "SCAN"</p>

3-4



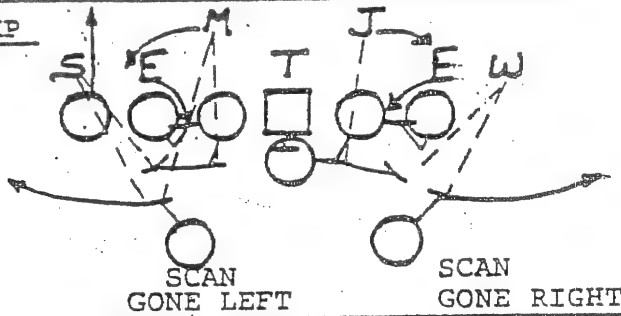
SEMI = DOUBLE SCAN (G's SCAN N/T HELP)

4-3

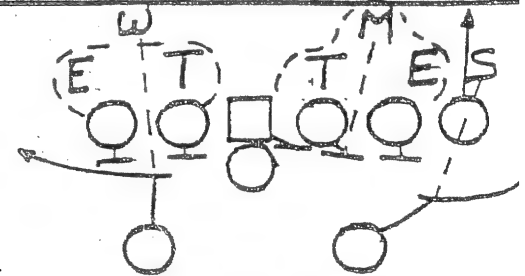


AREA

3-4 RIP

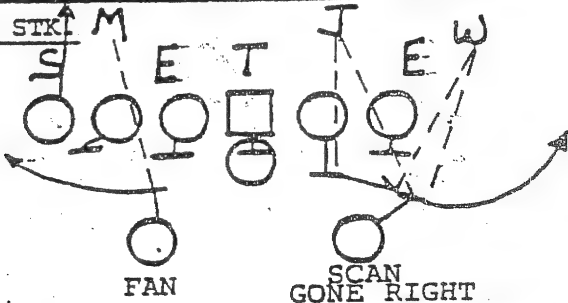
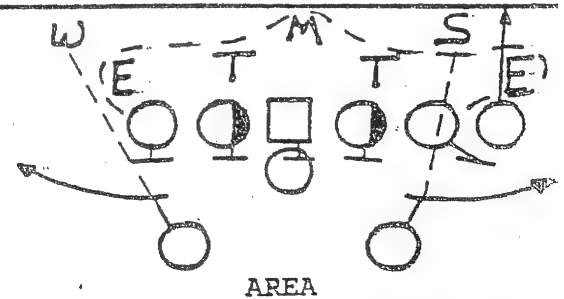


4-4/SUB



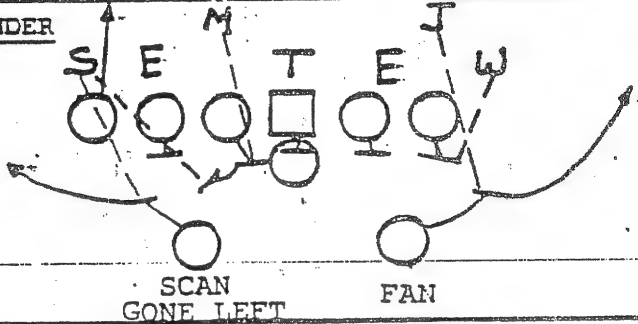
PAY ROGER

3-4 OVER STR

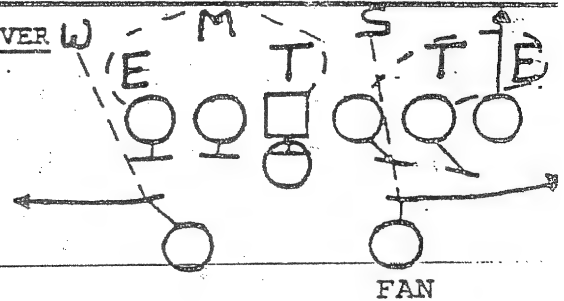
OFFSET  
4-3

AREA

3-4 UNDER

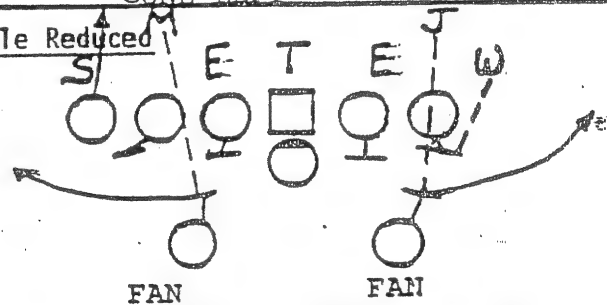


STACK OVER

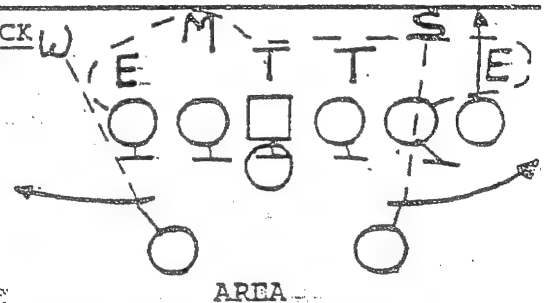


FAN

3-4 Double Reduced

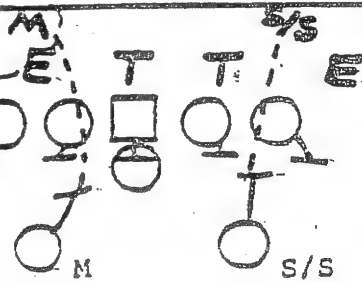


OVER STACK

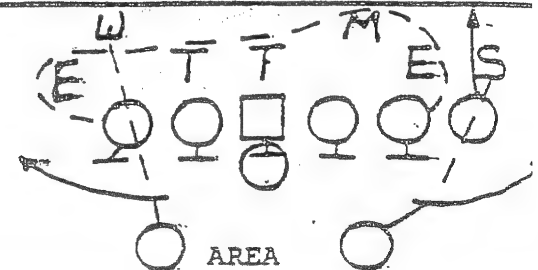


AREA

DIAMOND

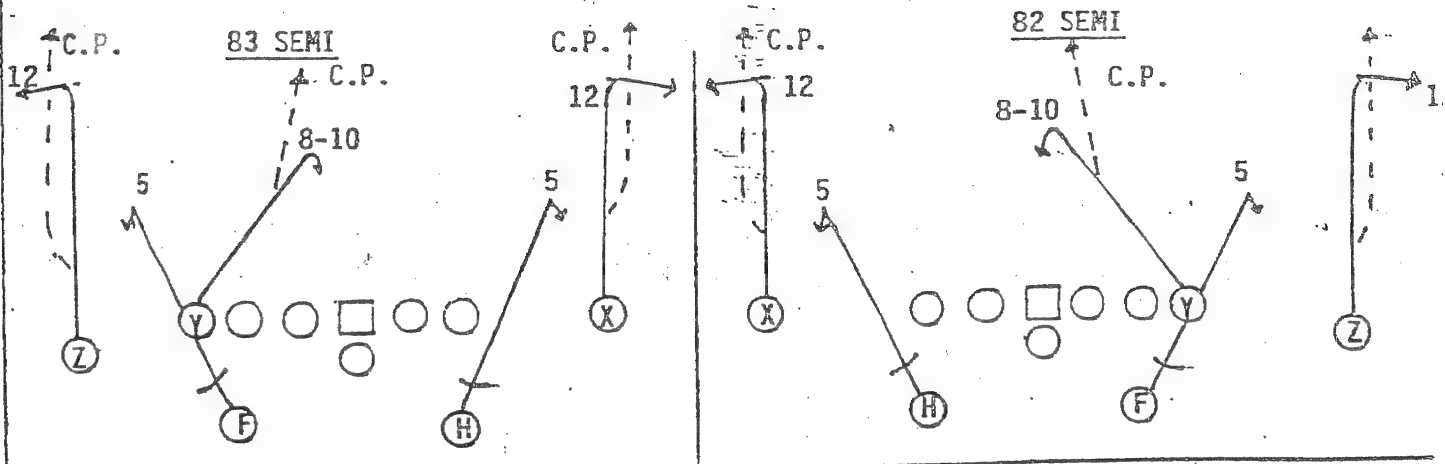
HOT  
Vs ALL 3T SCAN  
(S & W)

UNDER



AREA

10.



QB 5 Step Drop -- Secondary Read - Deep Z-F-Y - 2 Deep or Seam Y-X-H - Alert Fades on Roll  
Man - Z or X - Game Plan

FB Scan - N.T. Run 5 yards - Stop 1 yard inside numbers - C.P.

HB Scan - N.T. Run 5 yards - Stop 1 yard inside numbers - C.P.

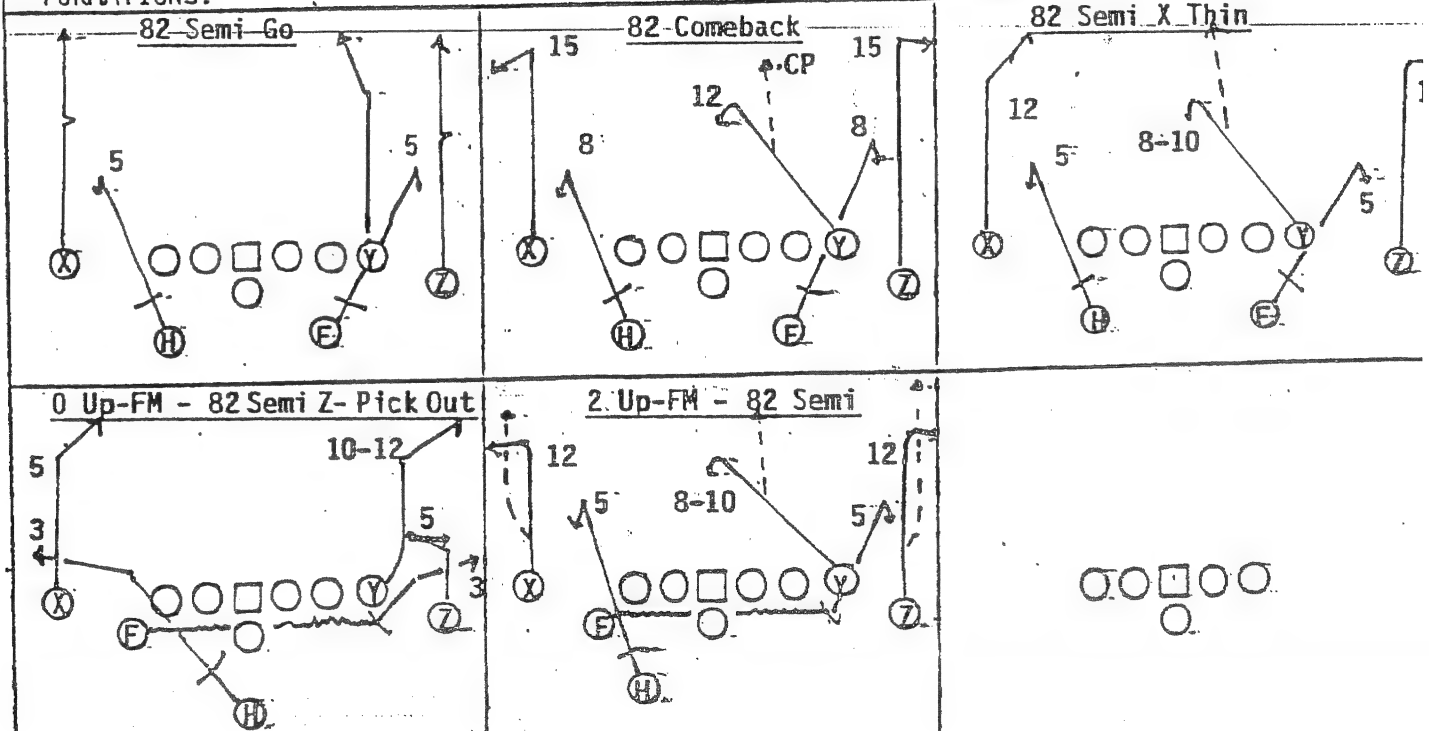
X Execute a Semi Route C.P. Fade vs. Roll - Alert S/A Weak Safety Blitz

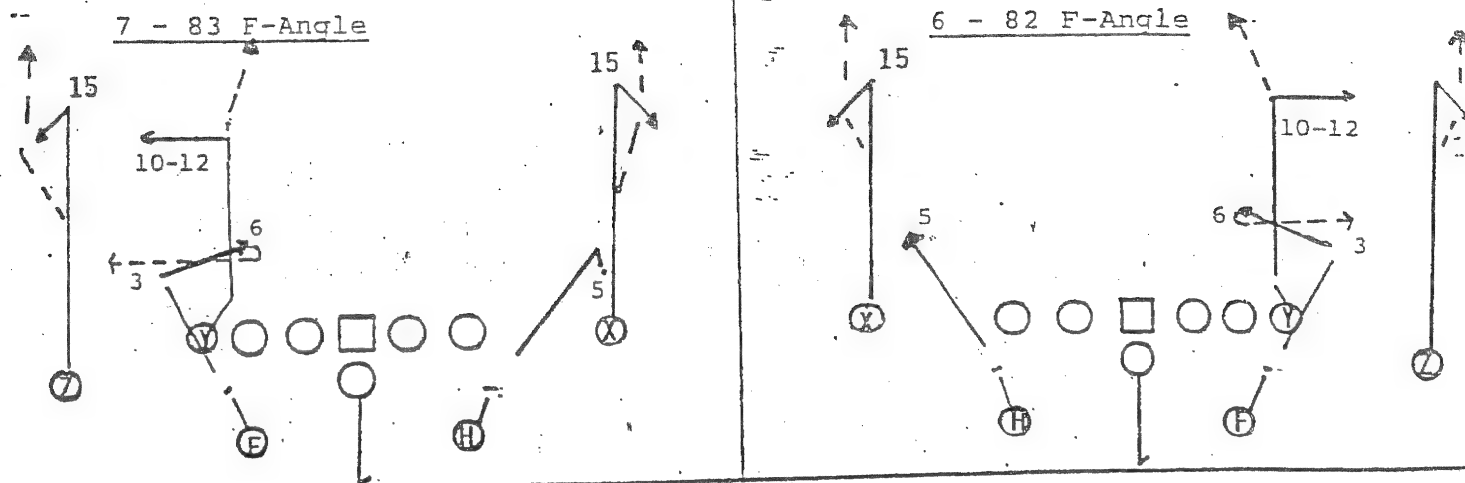
Z Execute a Semi Route C.P. Fade vs. Roll - Alert S/A Sam - SS Blitz

Y Run 8-10 yard Curl over ball C.P. Shoot vs. 2 Deep - Alert S/A Sam - SS Blitz

COMMENTS: Possible 82 Semi Stutter or Move Go

FORMATIONS:





QB - 7 Step Drop - Recognize Zone Vs. Man Coverage - Vs. Zone, Progression:  
If CF, F to Y - No CF, Y, Z, X - Vs. Man, Think Z - Y (G.P.X.)

FB - Scan - NT - Execute an Angle Route C.P. - Possible Return

HB - Scan - NT - Execute a Stop Route

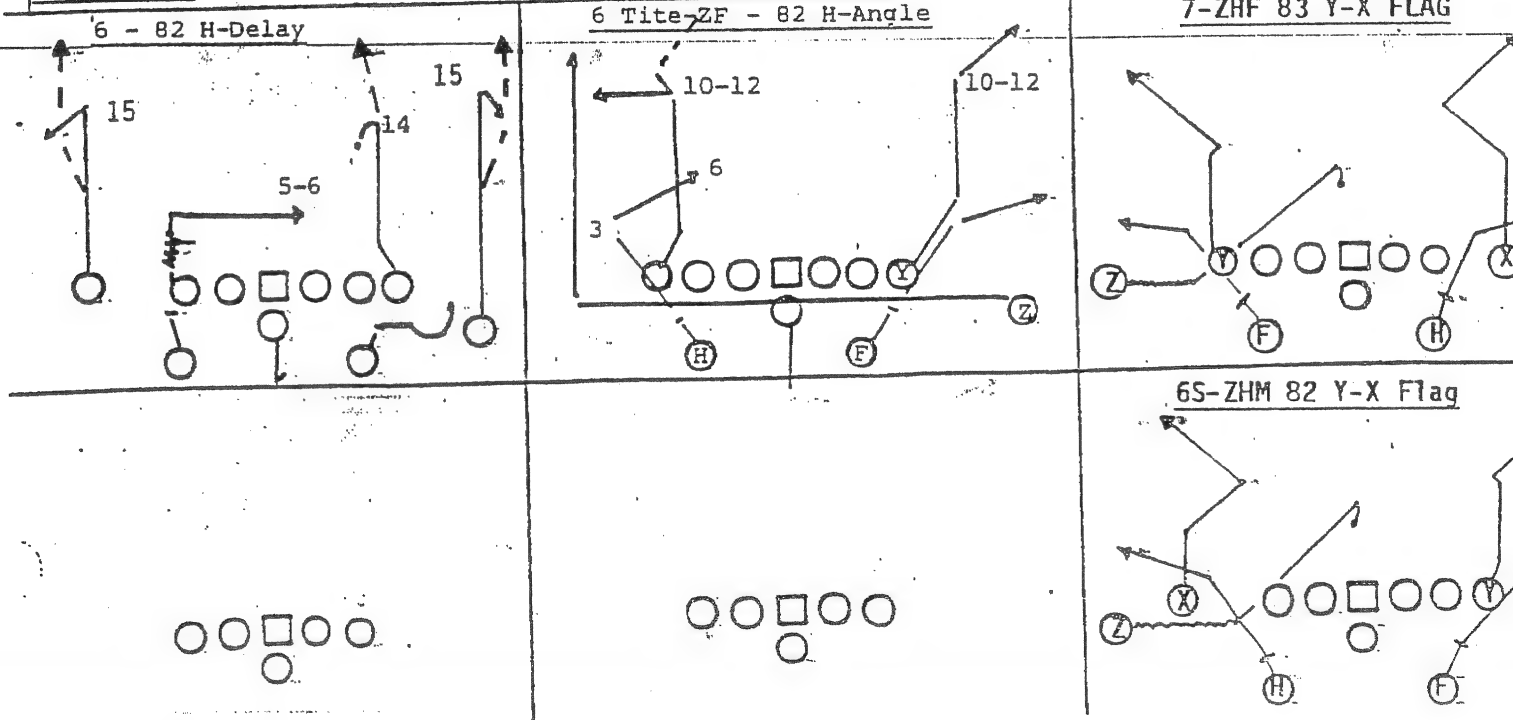
X - Execute an 15 Yard Comeback Route - Alert S/A WS Blitz

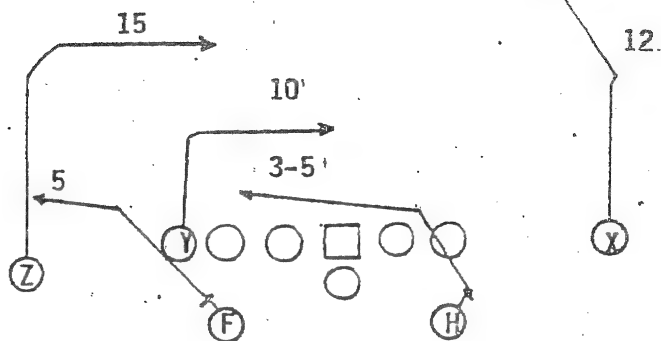
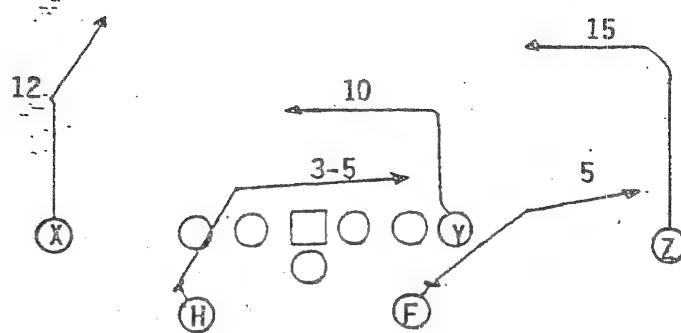
Z - Execute an 15 Yard Comeback Route - Alert S/A SS - Sam Blitz

Y - Inside Release - Execute a Chute Read - FS in Middle of Field

COMMENTS: Designed as a Zone Pass - Alert CB's Vs. Man - FB must beat Sam or Mike Inside

FORMATIONS: 0-1 Up F-Motion, 0-1 Strong



7 - 83 Dig6 - 82 Dig

QB - 7 Step Drop - Secondary Read - 3 Deep Y-Z-H  
Refer to Read Sheet

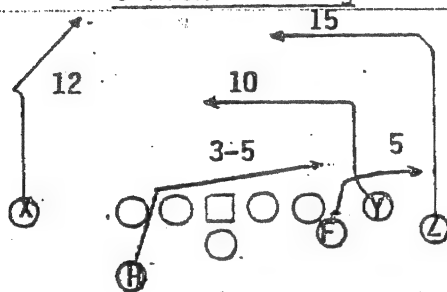
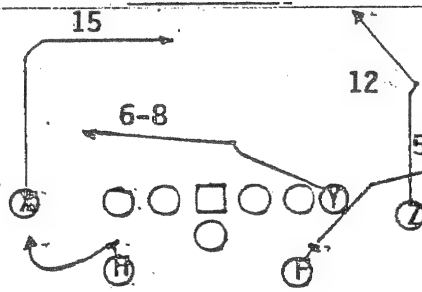
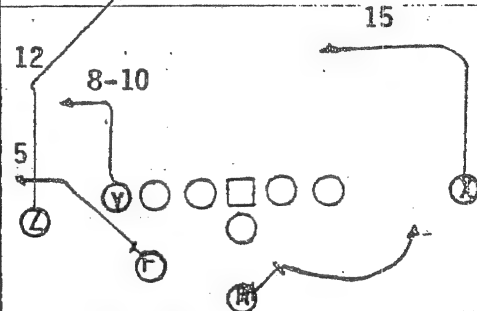
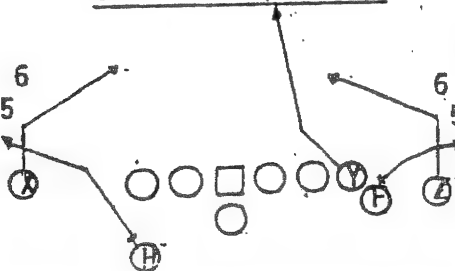
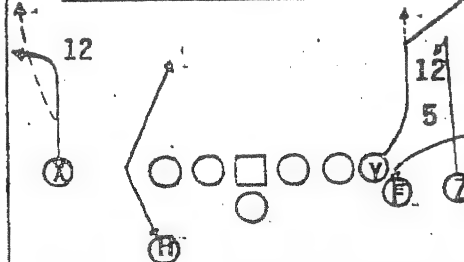
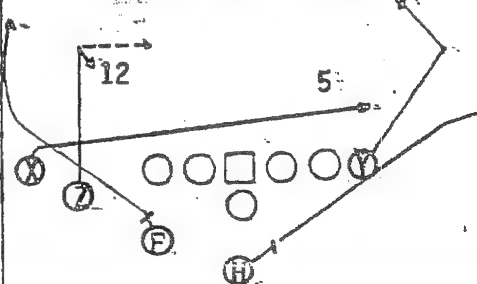
FB - Block Sam N/T - Run a Flat

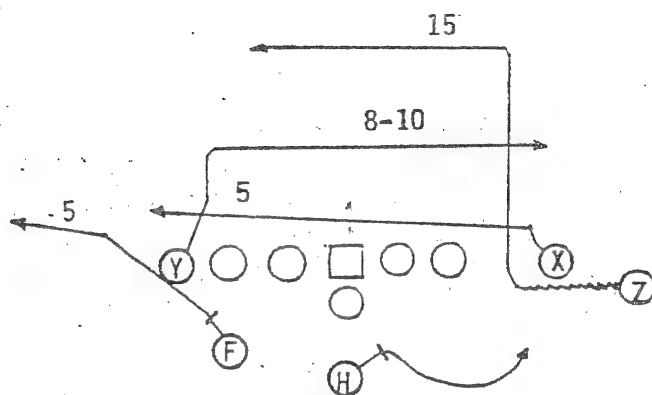
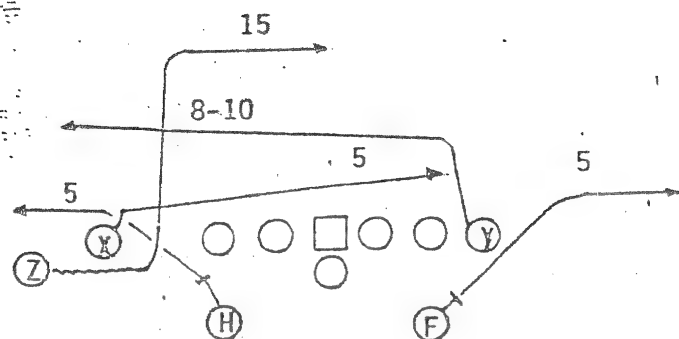
HB - Block Will N/T - Run a 5 Yd. Crossing Route

X - Normal Split - Run Post Route - Alert S/A FS Blitz

Z - Run "In" Route - Keep Width - Alert S/A Sam-SS

Y - Inside Release Run In Cut at 10 Yards Keep Going

COMMENTS:FORMATIONS:6 Flex - 82 Dig6-82 X In1 Str. - 83 Semi Y HK.6 FL - 82 QK Slant6 FL - 82 Semi H-Close0 WK SL - 82 Y Bend In

1 Str. S-ZHM - 83 Y/X Cross6 S-ZHM - 82 Y/X Cross

QB - 7 Step Drop - Progression Read - Y-X-Z  
Refer to Read Sheet

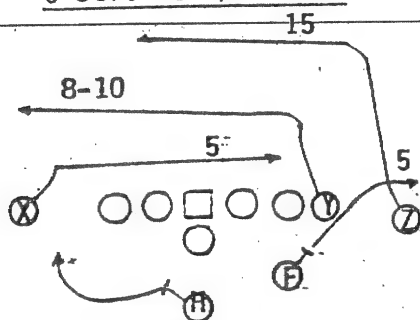
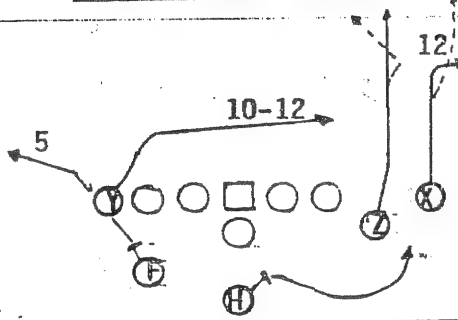
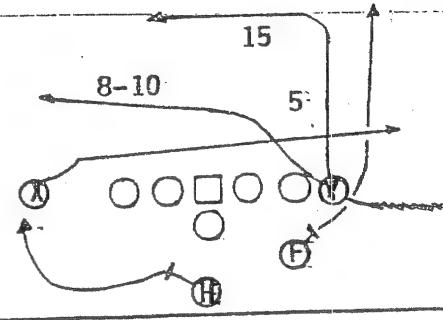
FB - Block Outside Backer N/T Run 5 Yd. Flat

HB - Block Outside Backer N/T Run 5 Yd. Flat or Ck. M if Behind Q.B.

X - Allow Z to Clear - Run Cross Under LB's - Alert C/FS/SS Blitz Look For Ball

Z - HM - Push Upfield Run "In" Route - S/A C/FS/SS Blitz

Y - Inside Release - Drive Upfield to 7 Run Crossing Route at 8 & 10 Yards - Keep Going

COMMENTS:FORMATIONS:0 Str. -82 Y/X Cross1 Str. S-83 Y Cross0 Str. ZHF-82 Z/X Cross



## 90 SERIES PROTECTION

90-91 Pass Protection - Will be our Quick Pass Protection with the QB taking a 3 or 3 plus quick 2 steps and releasing the ball. Flare control has the HB and FB with pick-up on their respective outside LB's. If their LB's do not blitz, they execute designated patterns. The line blocks solid and High Fire their assigned rushers aggressively.

NOTE: 1 Back Rule - Y = Slow Back = Block LB away from Y.

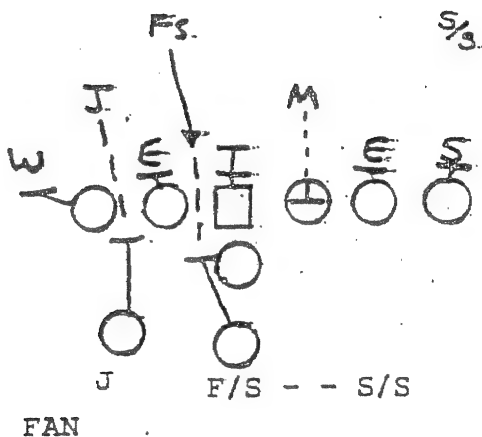
92-95 Protection - Same protection assignments as 90-91, except Y is slow only if called. Line will use High Fire technique.

In certain formations Y replaces the FB. He must tell his tackle that an "area" situation exists.

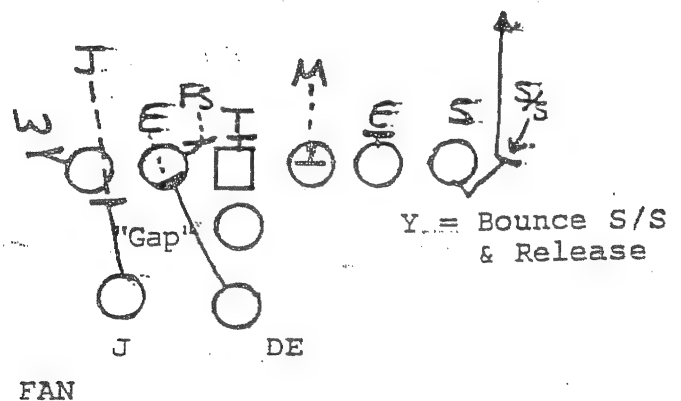
"Fire" - a call for H or F. Pop assigned blitzer then release into checkdown and be immediately alert for ball.

90-91 Solid Protection - Y blocks End Man, N/T help.

H checks Will, N/T help. F checks F/S, S/S, N/T help.  
Line = Base

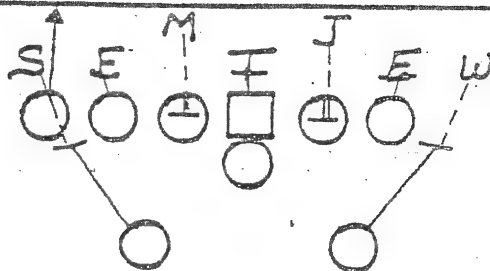


### GAP PRINCIPLE

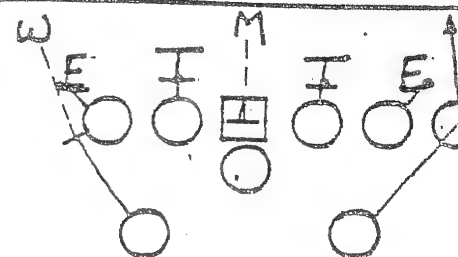


91

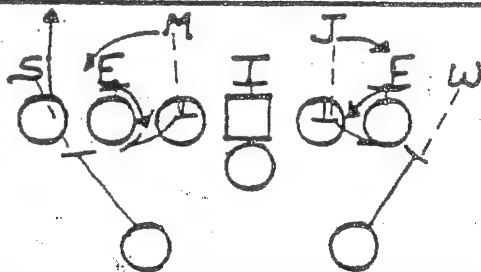
3-4



4-3

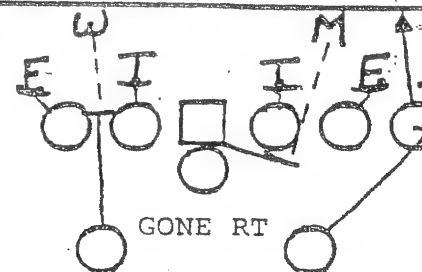


3-4 RIP

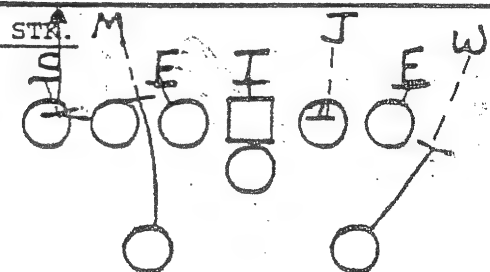


4-4/SUB

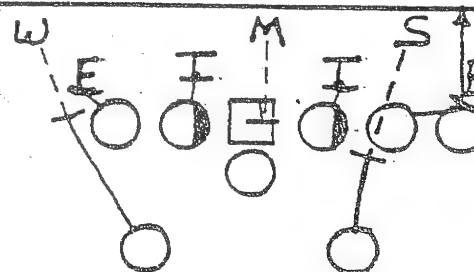
ROGER



3-4 OVER STR.

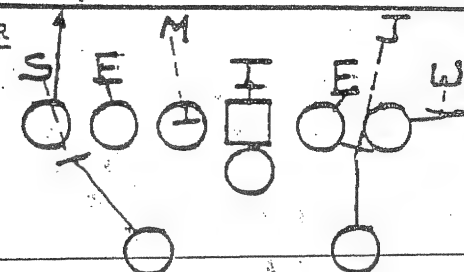


OFFSET  
4-3

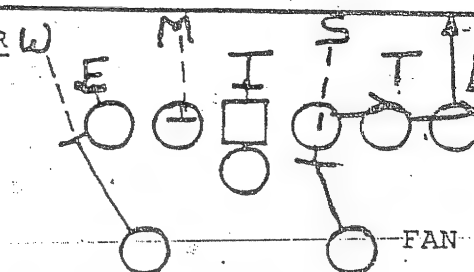


FAN

3-4 UNDER



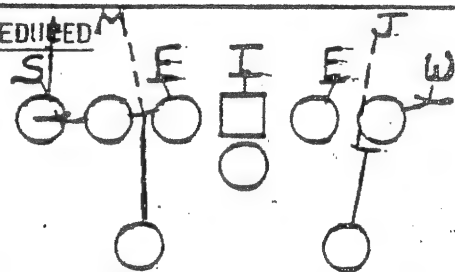
STACK OVER W



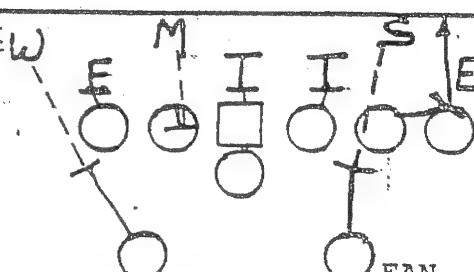
FAN

FAN

3-4 DOUBLE REDUCED



OVER STACK

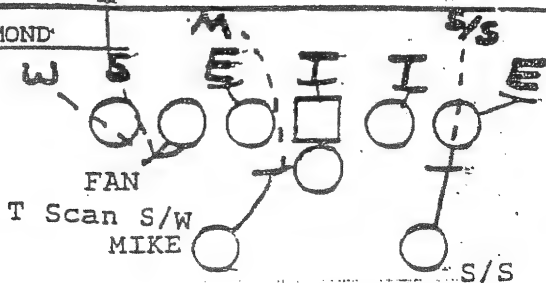


FAN

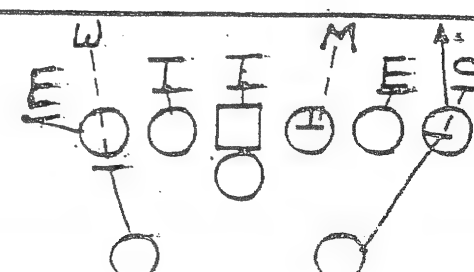
FAN

FAN

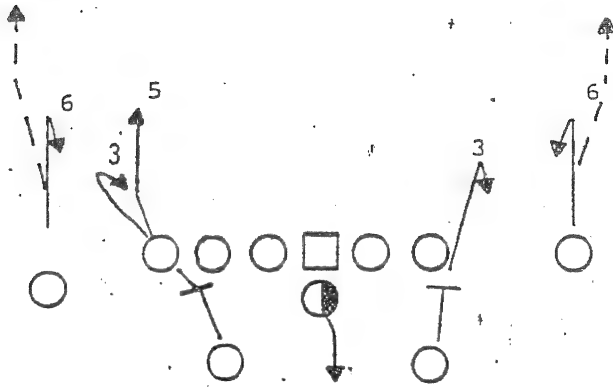
DIAMOND



UNDER

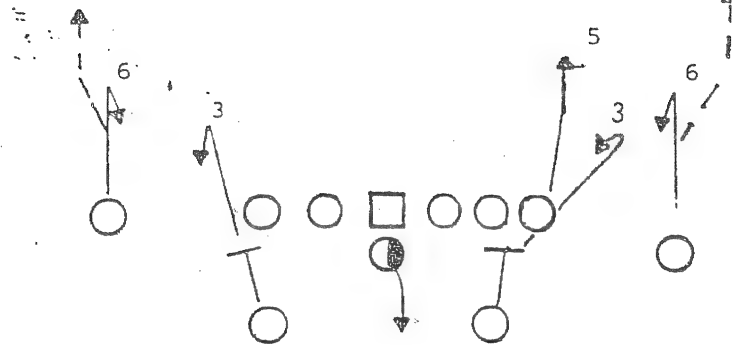


91 HITCH



90 HITCH

4.



3 Step Drop - Refer Read Sheet

FB - Check Sam - N.T. Run 3 yard Check Down

HB - Check Will - N.T. Run 3 yard Stop

<u>X</u> -	Execute a Hitch Route	-	No S/A necessary
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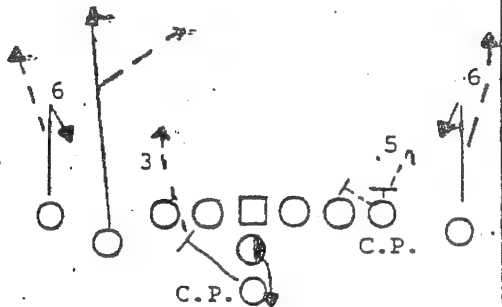
7 Execute a Hitch Route - No S/A necessary

y -	Execute a Quick Seam Route - No S/A necessary
	One Back Rule = Block Sam

COMMENTS :

FORMATIONS: 0-1 Half, 0-1 SO, 2-3 SO

OSO - 90 Hitch

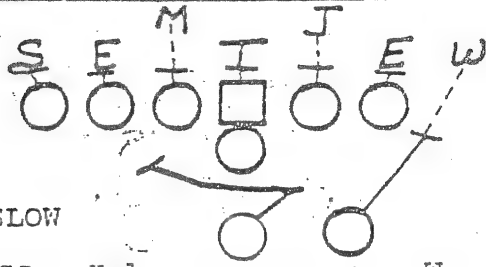


91 SOLID

High Fire

90 SOLID

3-4

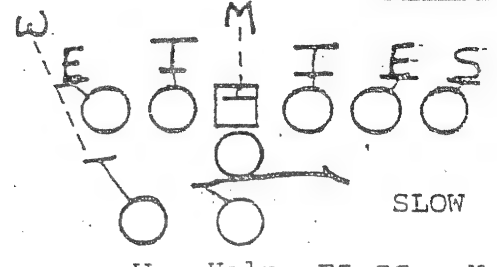


SLOW

FS-SS - Help

W - Help

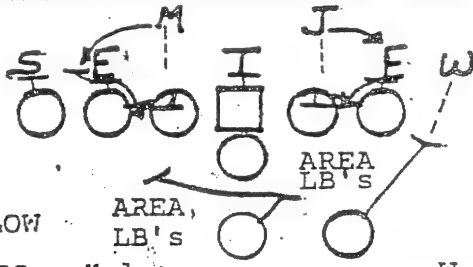
4-3



SLOW

W - Help FS-SS - Help

3-4 RIP

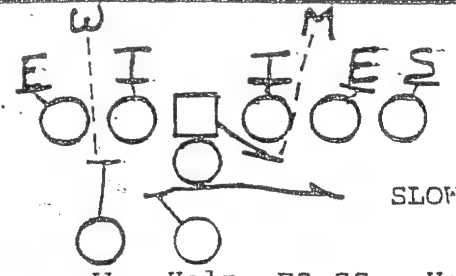


SLOW

FS-SS - Help

W - Help

4-4/SUB

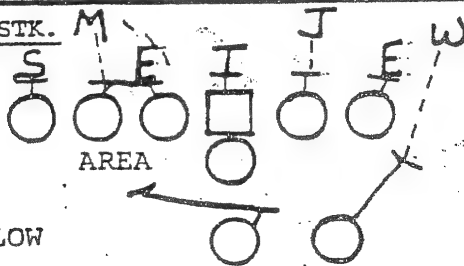


ROGER

SLOW

W - Help FS-SS - Help

3-4 OVER STK.

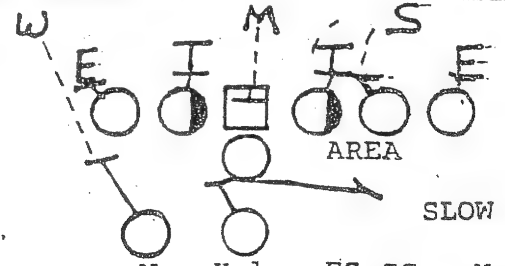


SLOW

FS-SS - Help

W - Help

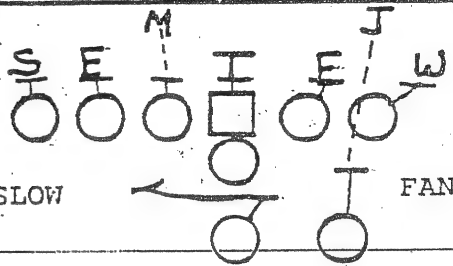
OFFSET  
4-3



SLOW

W - Help FS-SS - Help

3-4 UNDER



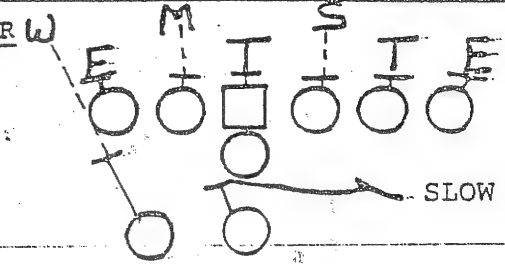
SLOW

FAN

FS-SS - Help

J - Help

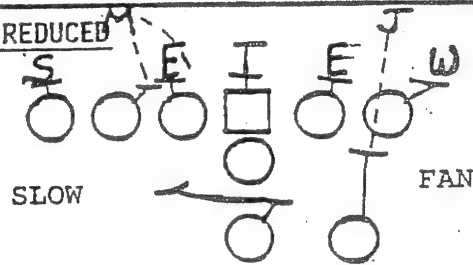
STACK OVER W



SLOW

W - Help FS-SS - Help

3-4 DOUBLE REDUCED



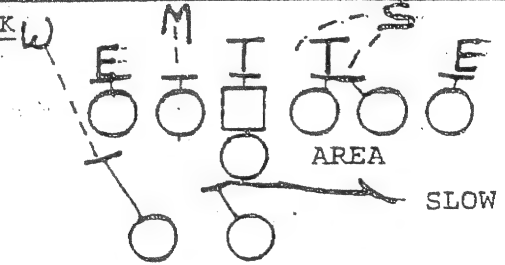
SLOW

FAN

FS-SS - Help

J - Help

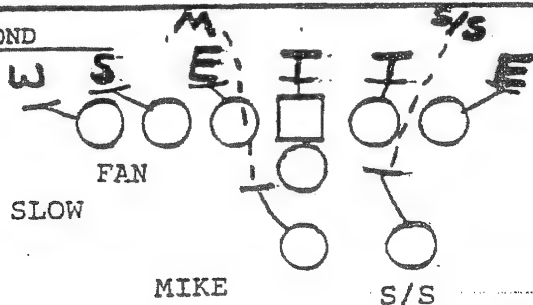
OVER STACK



SLOW

W - Help FS-SS - Help

DIAMOND



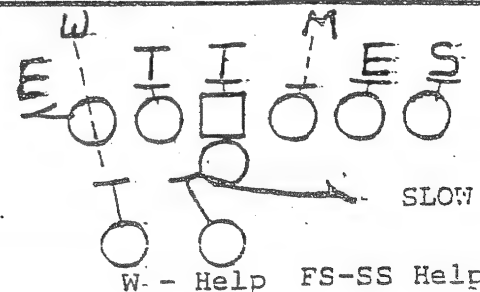
FAN

SLOW

MIKE

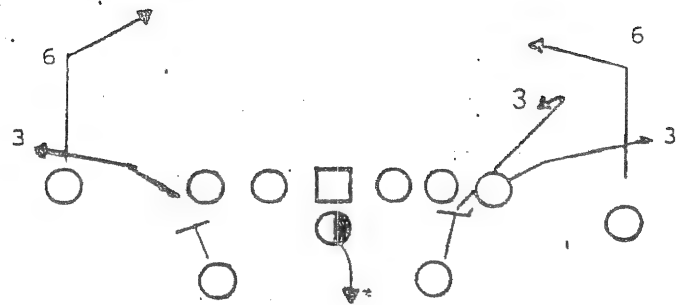
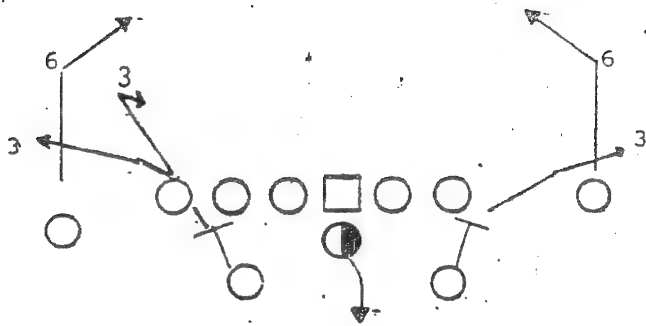
S/S

UNDER



SLOW

W - Help FS-SS Help

QB -

3 Step Drop - Refer Read Sheet

FB -

Check Sam - N.T. Run 3 yard Check down

HB -

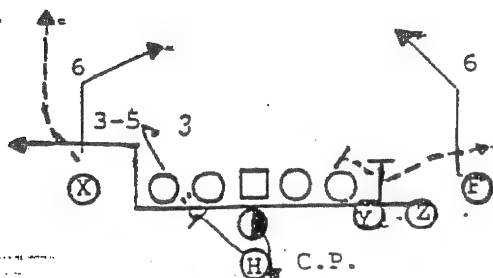
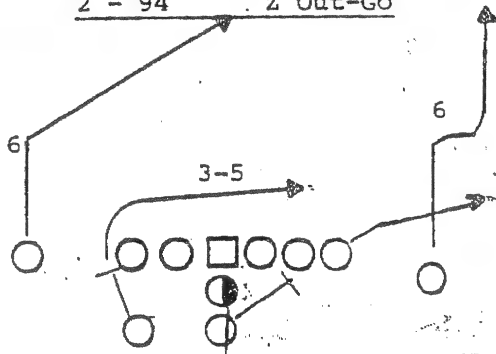
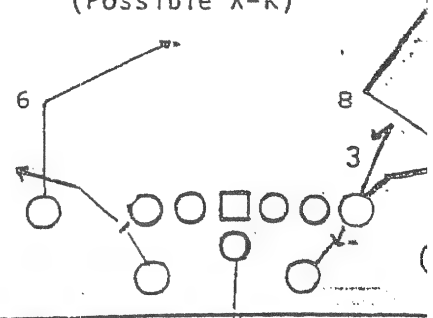
Check Will - N.T. Run an Arrow Route

X -

Execute a Slant Route - No S/A necessary

Z - Execute a Slant Route - No S/A necessaryY -

Execute an Arrow Route - No S/A necessary

COMMENTS: Possible X-KFORMATIONS:0-Out-ZF - 942 - 94 Z Out-Go6 - 94 Z-K  
(Possible X-K)

## PLAY ACTION PASSES

Effective Play Action Passes require Aggressive (High Fire) Technique from the Linemen and Quick Aggressive Play Fakes by the Backs. Play Action Passes will be called only on Run Downs (1st & 10 and 2nd & Short) to catch the Defense in Run oriented Defensive Fronts and minimize Pass Rush Twists.

### 100 Weakside Protection

(115/114,- 135/134 - 145/144)

Play Action Pass designated by 5/4 hole number. Y is Slow. One Back has a Free release, the other Back Fakes to 4 or 5 hole and has pick-up. Fan Protection for Line and Faking Back.

### 100 Strongside Protection

Play Action Pass designated by 2/3, 6/7, or 8/9 hole number. Backs fake a Run Action and are responsible for the On side Linebackers (C.P. or Linemen). The Linemen turn aggressively away from the hole number. (C.P. - Alert Calls for various alignments).

Quarterback will set up at Seven Steps (9 Yds) directly behind the Center or slightly to the Number. Sight Adjust Strong Safety and Weak Safety Blitzes by Game Plan.  
C.P. - "118 Slow"

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### 100 Run It Protection

Play Action Pass with descriptive terms ahead of the play number and the word "Pass" after the number designating a blocking scheme that is the same as the running play of the same name.

Examples: Ride Counter 136 Pass

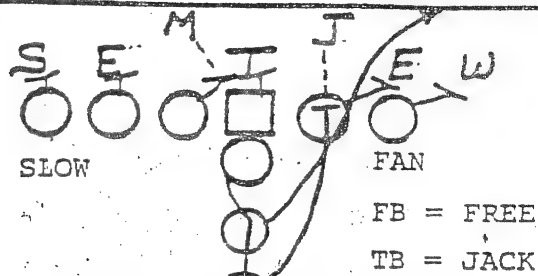
Quick 135 Trap Pass

### 100 Draw Protection

(140 Slow - 142 - 143 Double Fan - Lag 125/124)

Play Action Pass with a Draw Fake and less aggressive technique by the line. Call out "Draw" after ball is snapped.

3-4

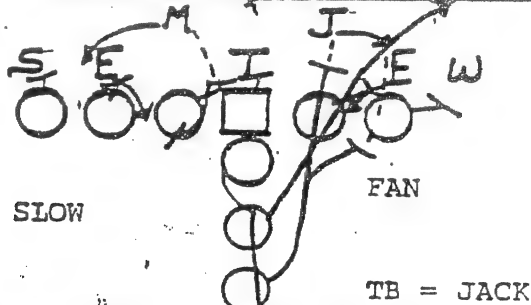


4-3

Uncovered =  
S/S by Game Plan

TB = WILL

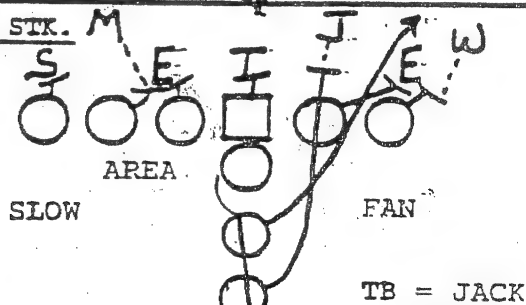
3-4 RIP



4-4/SUB

TB = WILL

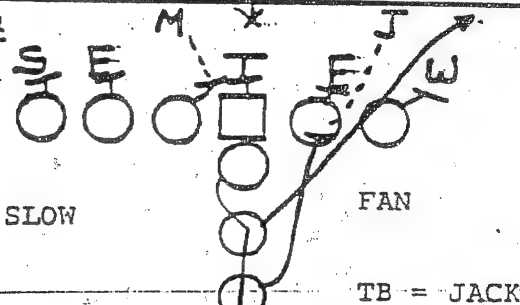
3-4 OVER STK.



OFFSET  
4-3

TB = WILL

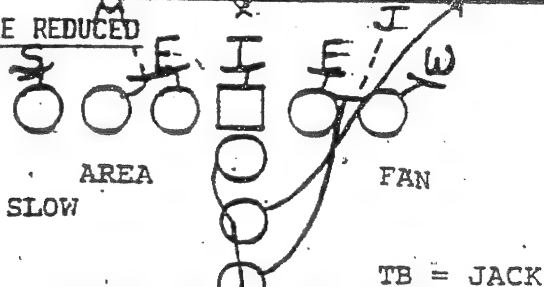
UNDER



STACK OVER

TB = MIKE

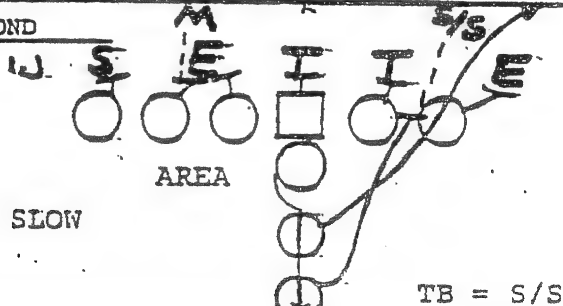
3-4 DOUBLE REDUCED



OVER STACK

TB = MIKE

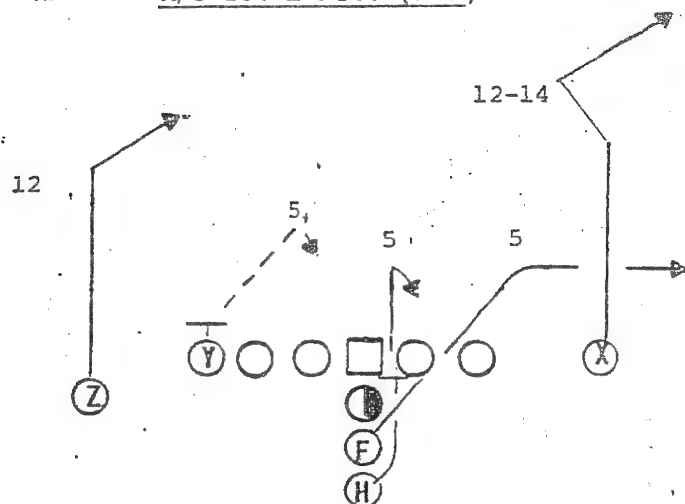
DIAMOND



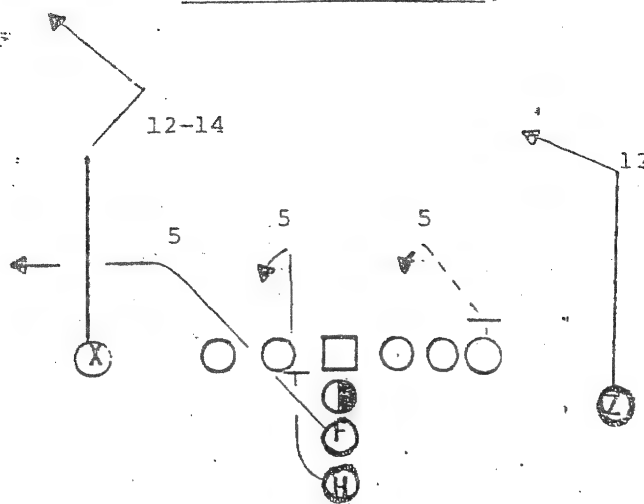
UNDER

TB = WILL

R/S 134 Z-POST (X-K)



## R/S 135 Z-POST (X-K)



QB - Fake Ride/Slant 35 - 7 Step Drop - Progression Read - WS (in CF) Go to X (on K) to F (in Flat) No WS in CF - Go to Z (on Post)

FB - Free Release - Run 5 yard Flat

HB - Fake R/S-35 - Block 1st LB'er Weakside - N.T. Run 5 yard Check Down

X - Execute a K Route - Alert S/A Weak Safety Blitz (X Individual Route Call

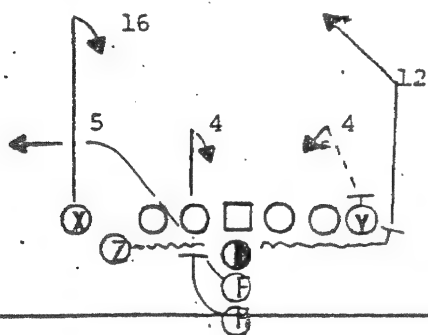
Z - Execute a Post Route - Alert S/A Sam - SS Blitz - With Motion, Peel  
Check SS Blitz - Now Release into the Route

Y -	Slow Block - N.T.	Help/Check Down
-----	-------------------	-----------------

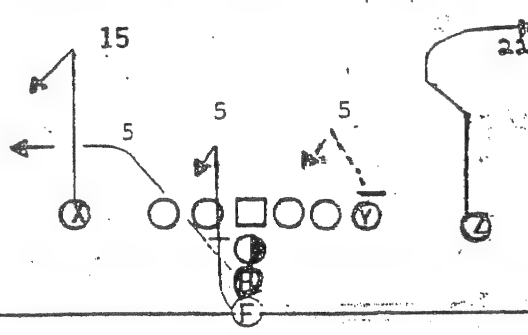
COMMENTS :

FORMATIONS: 0-1 Flood F-Flv, 0-1 Wk, Y-Motion 0-1 Wk

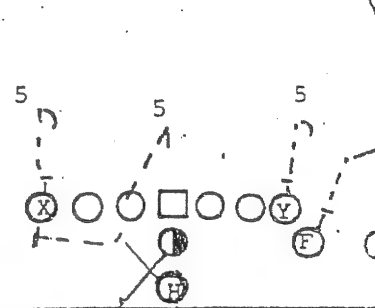
R/S-135 X-Curl (X-CB)



R/S-135 Z-Q

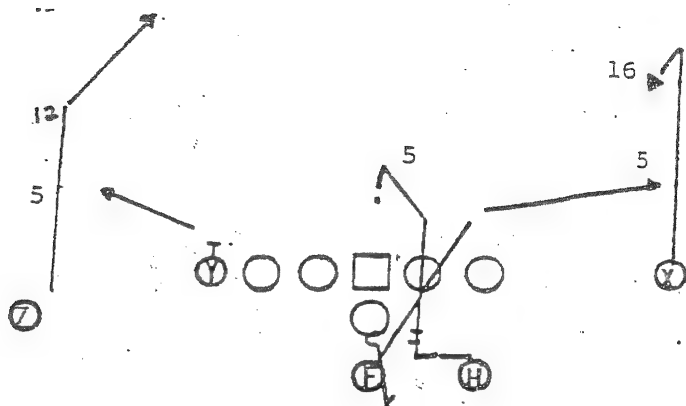


Hvy-Rt - R-135 Z-Post

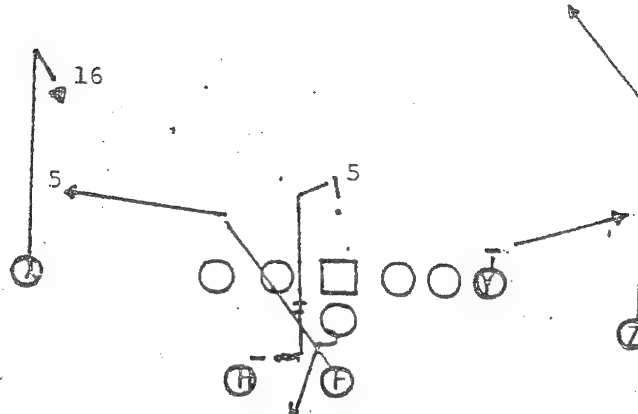




# 3 - Lag 124 X-Curl



# 2 - Lag 125 X-Curl



OB - Fake Lag 24-25 - Progression Read is Curl to Flat -  
Alert - No one in C.F., Post

FB - Free Release - Release through Weakside Bubble - Execute a Flat Route

HB - Fake Lag 24-25 - Block 1st LB'er Weak - NT - Check down

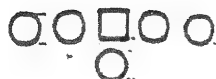
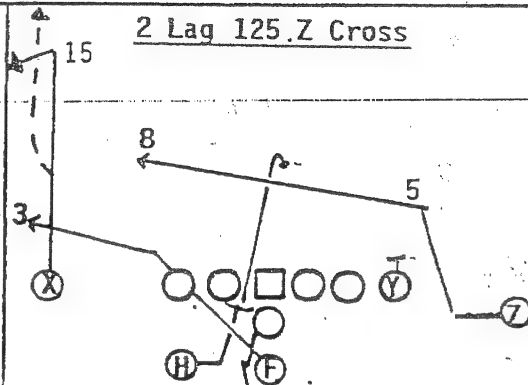
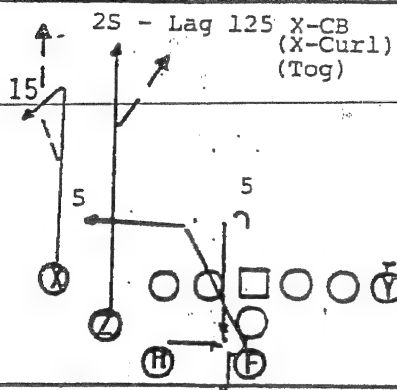
X - Execute a 16 Yard Curl Route - Alert S/A Wk Safety Blitz -  
G.P. Decision whether to adjust

Z - Execute a Post Route - Alert S/A Sam SS Blitz

Block Sam - NT - Release Flat

## COMMENTS:

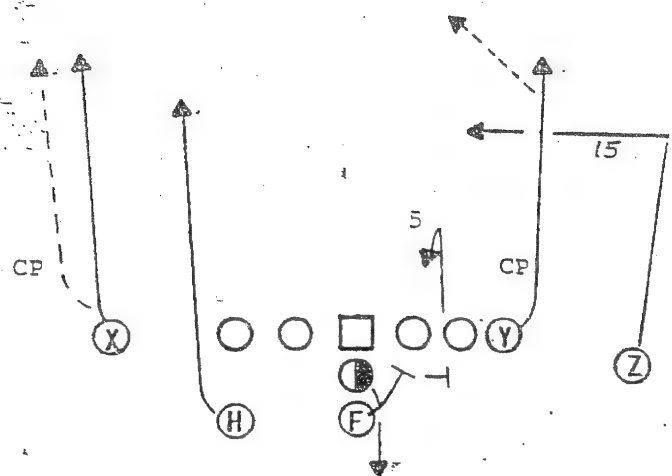
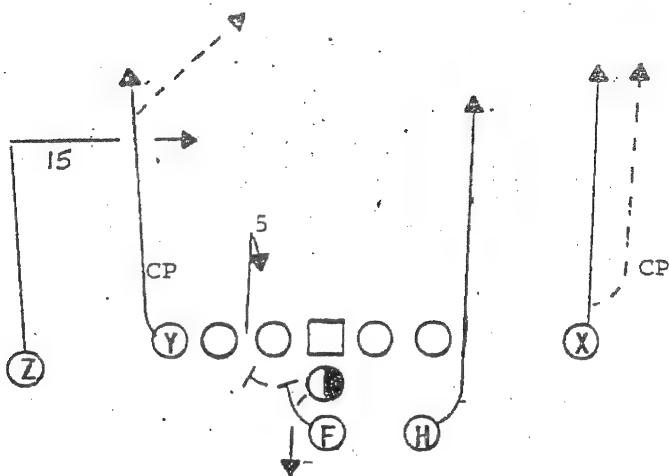
FORMATIONS: 2-3 Slot



2 RIDE 119 DUAL DOUBLE SEAM  
RIDE 137

2 RIDE 118 DUAL DOUBLE SEAM  
RIDE 136

1



QB - Fake R-14 - 7 Step Drop - Secondary Read - 3 Deep H to Y to Z  
2 Deep or Seam - Y to Z to Check Down - Man - H-Y-Z - SA 2 Strong

FB - Fake R-14 - Block Mike to Sam - N.T. Run 5 Yard Check Down

HB - Free Release - Run Seam

X - Execute a Go Route - Alert S/A Weak Safety Blitz

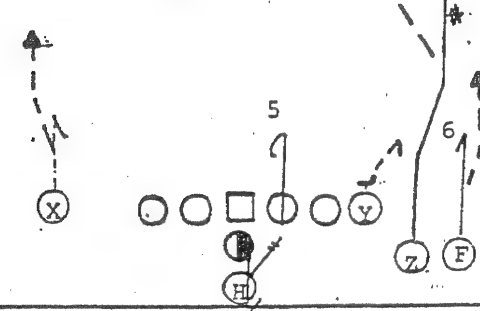
Execute an In Cut at 15 yards - Alert S/A Sam - SS Blitz

Z -  
Y - Run Seam Read - CP - Hot Vs. Mike - Sam

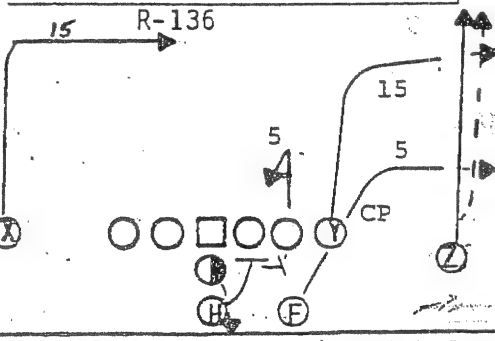
COMMENTS:

FORMATIONS: 0-1 Up, 0-1 Fld F-Fly

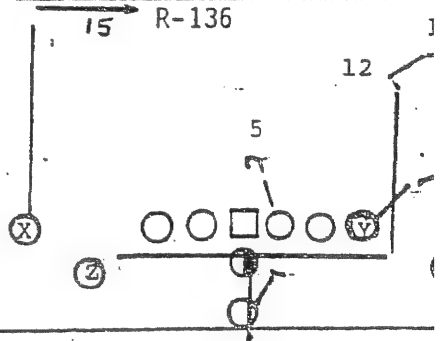
0-Out - Ride 118 Slow Hitch  
Ride 136



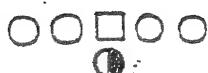
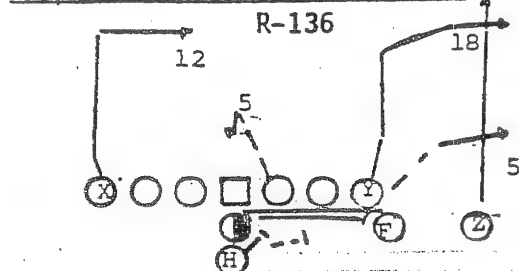
0 Str - R-118 Dual Y Bow Out



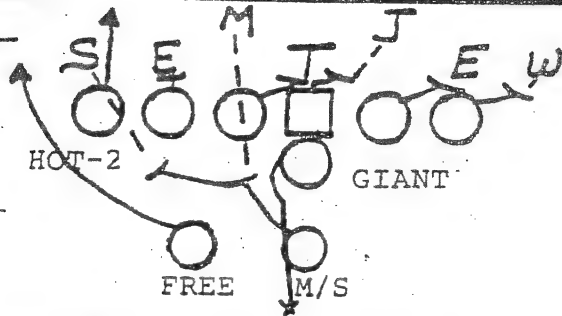
OSO-ZM - R-118 Dual Z-Bow Out



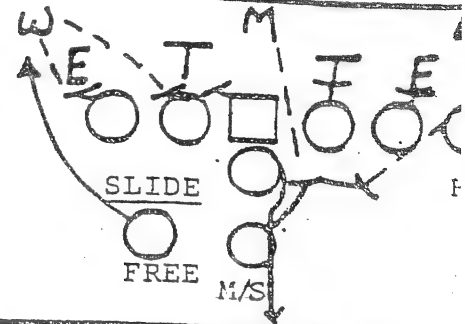
Hvy Rt(FM,FP) - R-118 Dual Y Bow Out



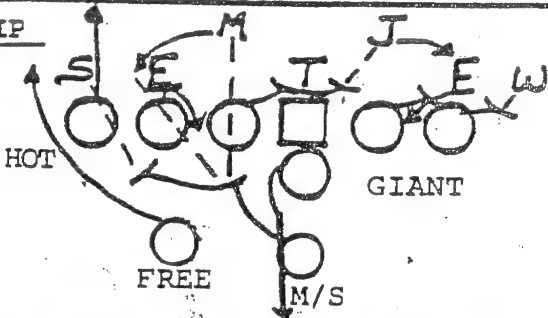
3-4



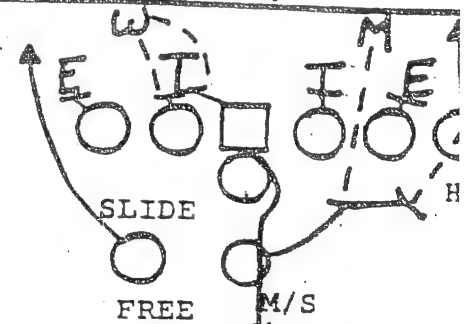
4-3



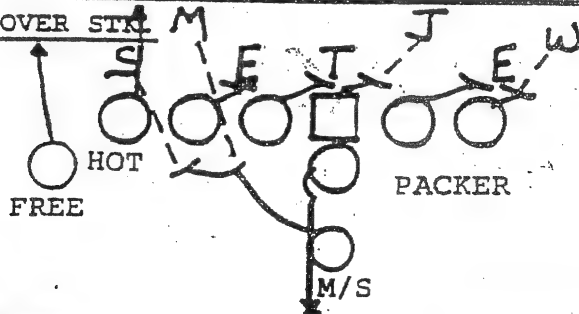
3-4 RIP



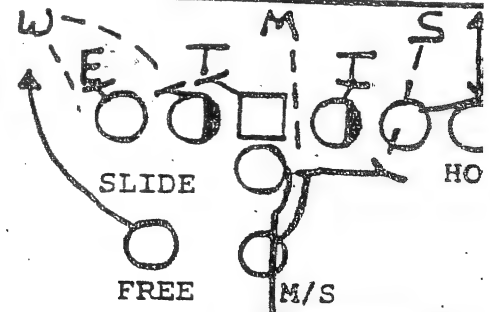
4-4/SUB



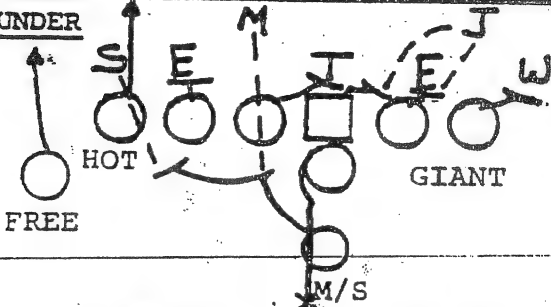
3-4 OVER STR



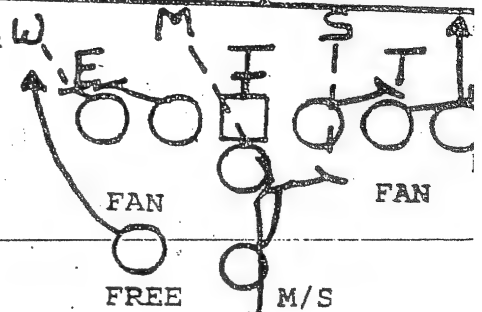
OFFSET  
4-3



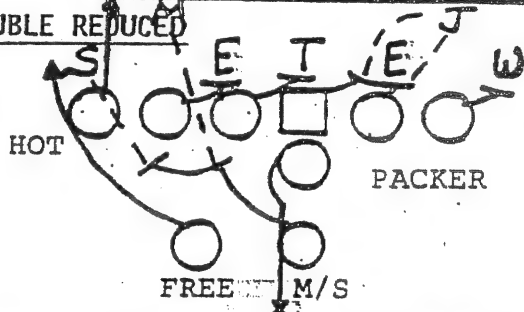
3-4 UNDER



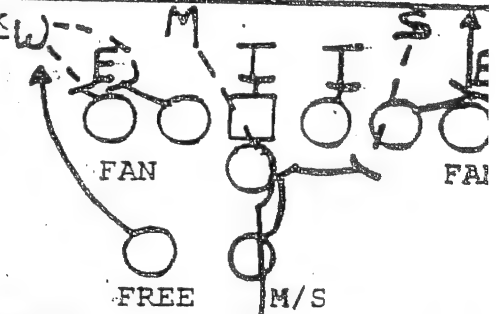
STACK OVER W



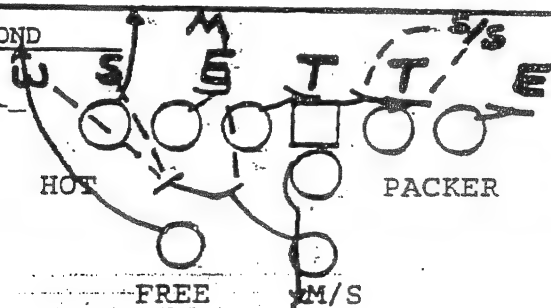
3-4 DOUBLE REDUCED



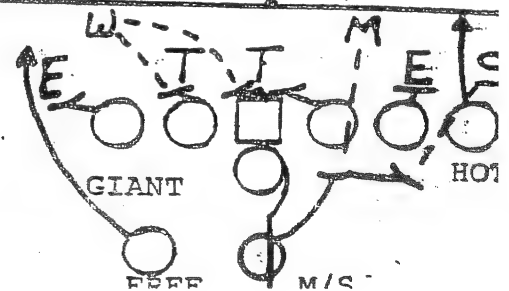
OVER STACK



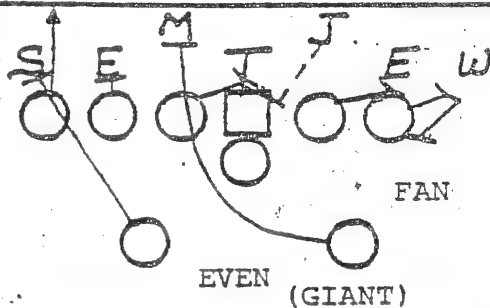
DIAMOND



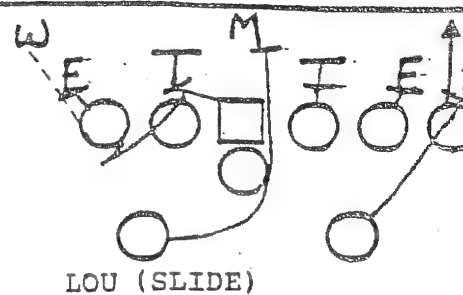
UNDER



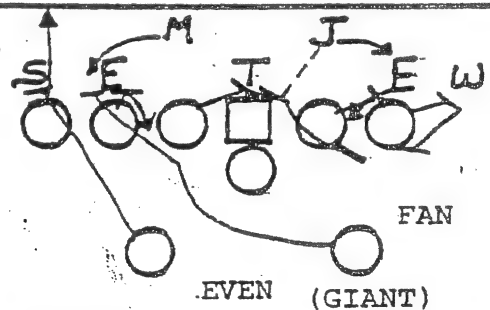
3-4



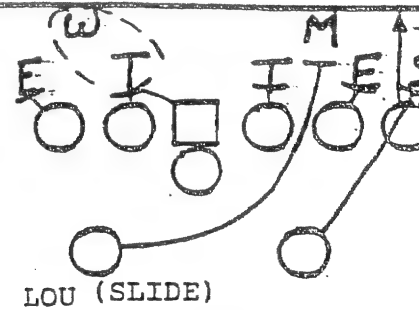
4-3



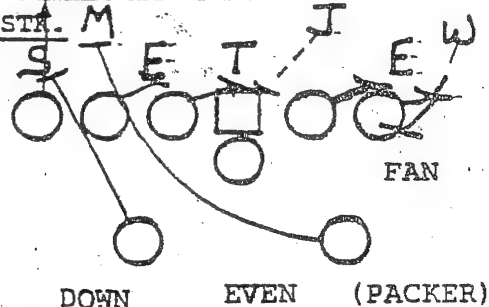
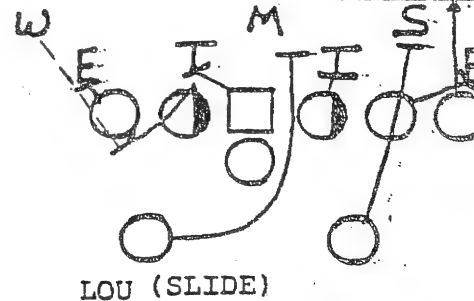
3-4 RIP



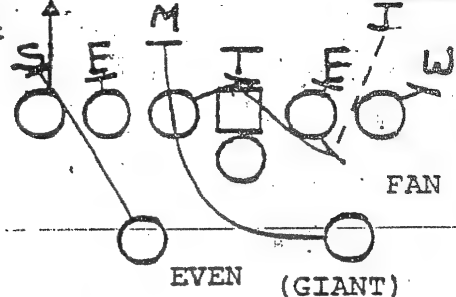
4-4/SUB



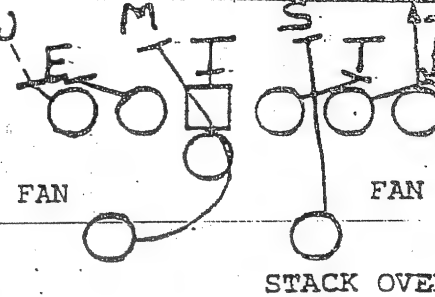
3-4 OVER STR.

OFFSET  
4-3

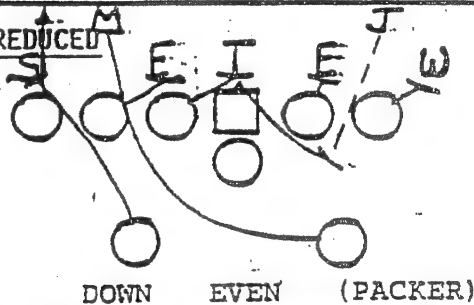
3-4 UNDER



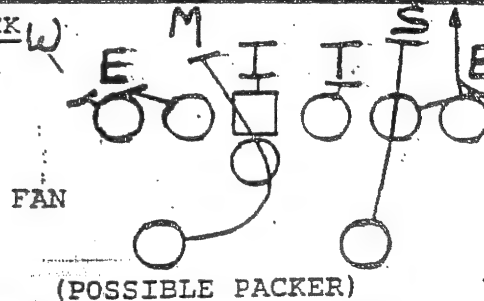
STACK OVER W



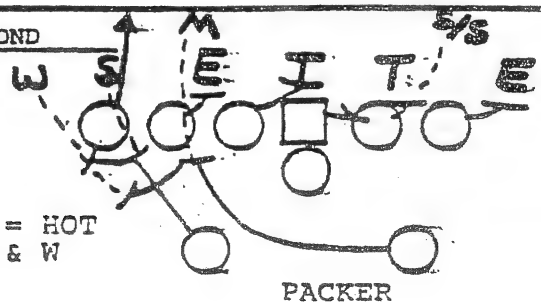
3-4 DOUBLE REDUCED



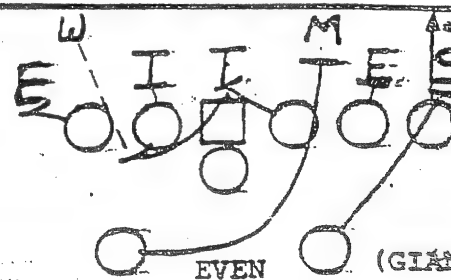
OVER STACK W



DIAMOND

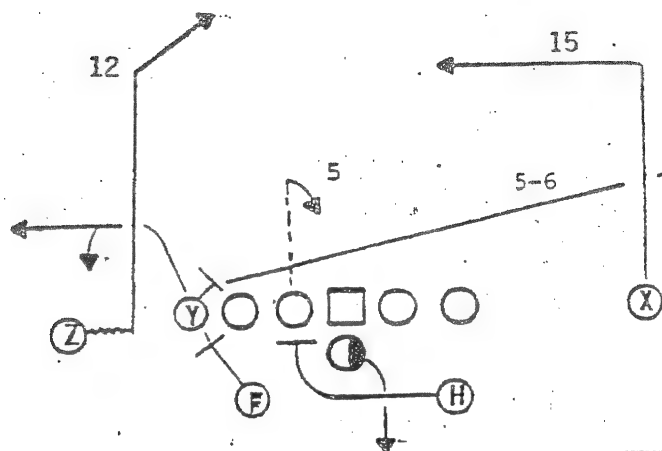


UNDER

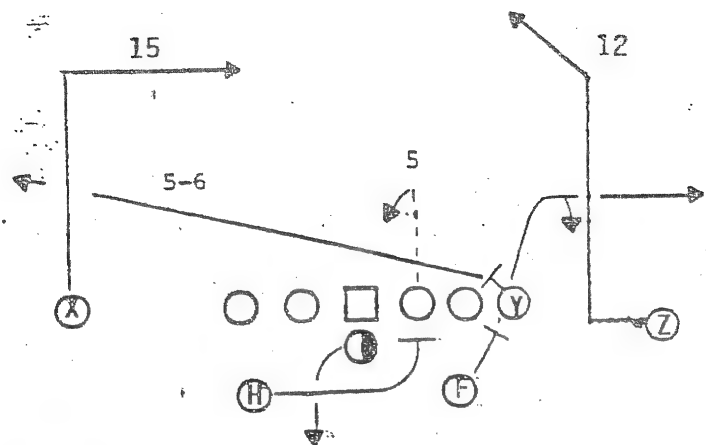
Y = HOT  
S & W



FLOW 137 X-IN  
(RIDE 139)



FLOW 136 X-IN  
(RIDE 138)



QB -

Fake Flow 36 - Refer Read Sheet

FB -

Block Sam - N.T. Triangle Run 5 yard Check Flat

HB -

Block Mike - N.T. Run 5 yard Check Down

X -

Execute an In Cut - Alert S/A Weak Safety Blitz

Z -

Execute a Post Route - Alert S/A Sam - SS Blitz

Y -

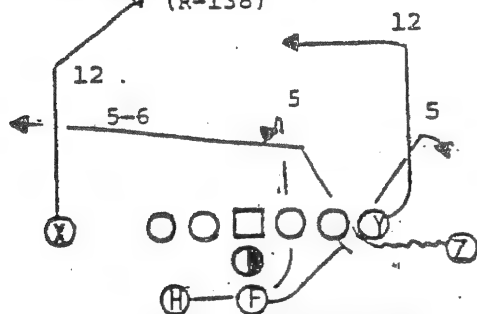
Block End - Run 5-6 yard Cross - Alert Sam - SS Blitz

COMMENTS:

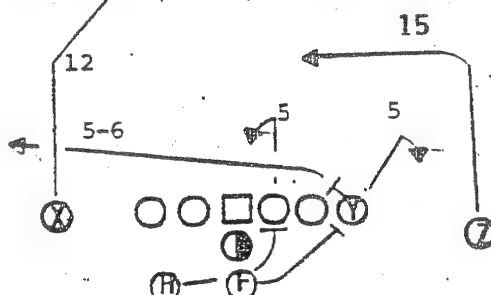
Can use R-138 Protection with these routes

FORMATIONS:

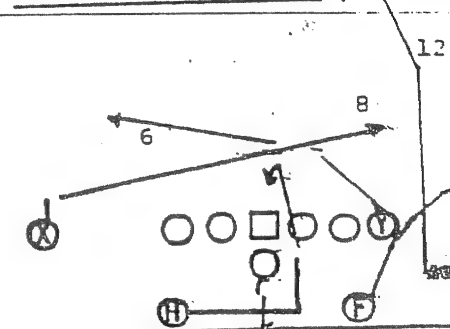
F-136 Y-In  
(R-138)



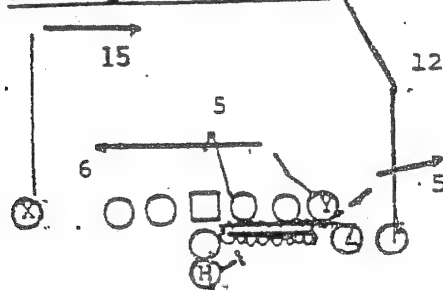
F-136 Z-In  
(R-138)



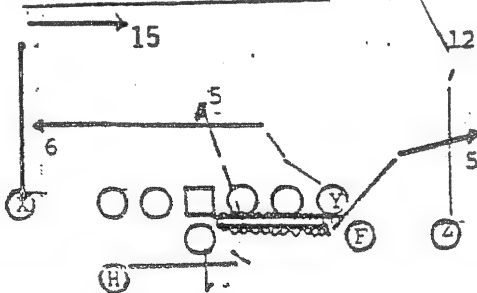
6ZHF - F-136 X-Under



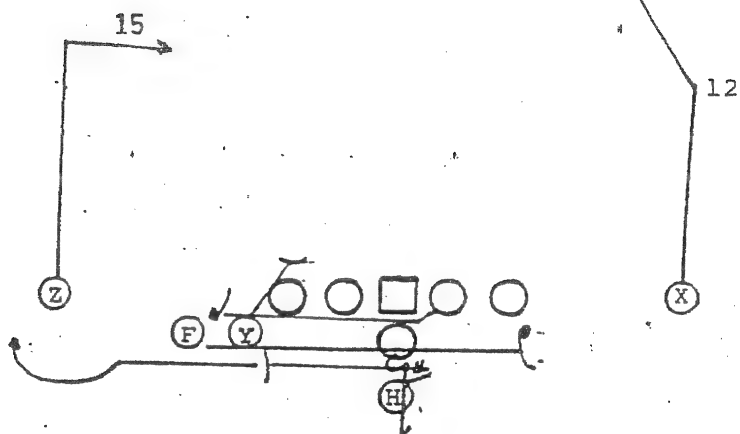
Ld-Rt-7P - F-136 X-In



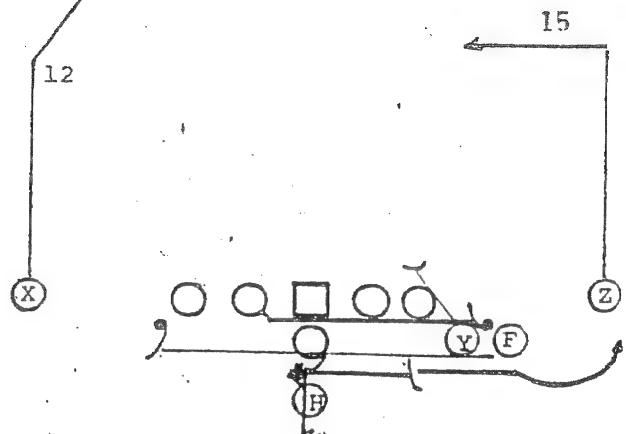
2Fld-FP - F-136 X-In



1 Flood, F-Fly, Ride Counter 137 Z-In



0 Flood, F-Fly, Ride Counter 136 Z-In



QB - Fake Ride Counter 36-37 - Sit directly behind the Center - Progression is In to Post

FB - Fly Motion - Block EMOL - NT - Execute an Arrow Route

HB - Fake Ride Counter 36-37 - Block SS - NT - Execute a Wide Route

X - Execute a Post Route - Alert S/A Weak Safety Blitz

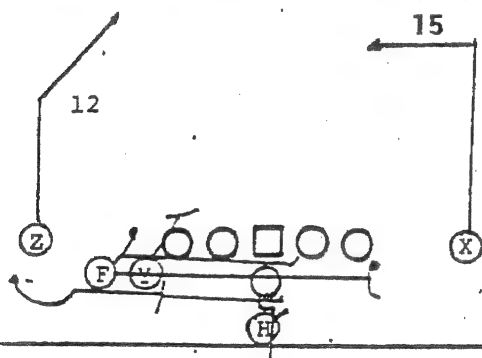
Z - Execute an In Route - Alert Sam - SS Blitz is picked up no S/A necessary

Y - Block Ride Counter 36-37 - Block down - Tackle uncovered block man over - Seal LOS

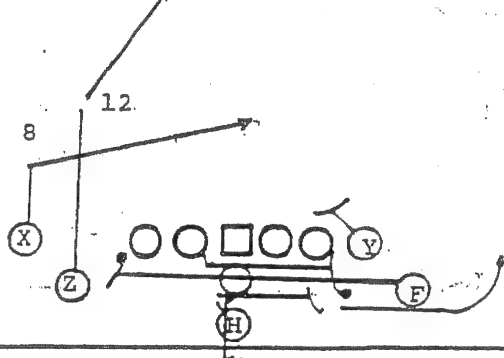
COMMENTS:

FORMATIONS:

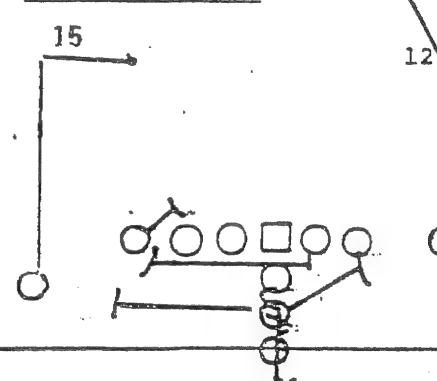
1 Flood, F-Fly, RC 137 X-In



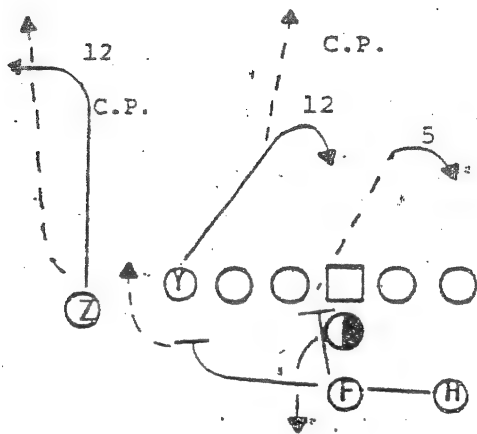
0 Flood Slot RC 136 Pin



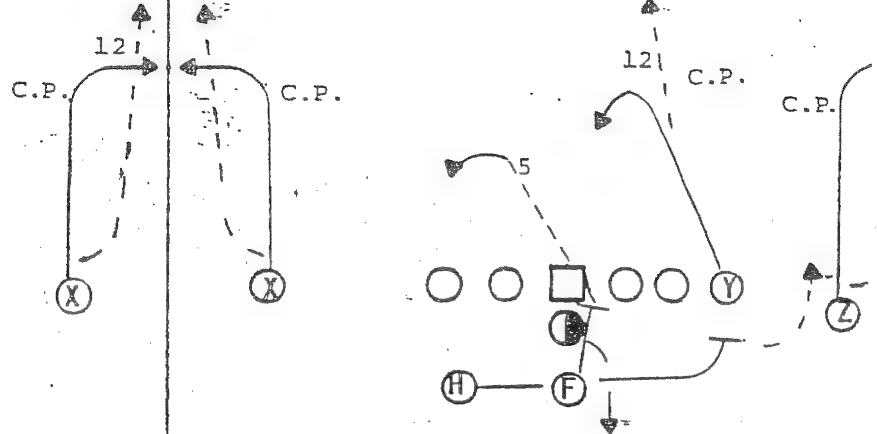
1 - RC 137 Z-In



RIDE 139 SEMI  
(Flow 137)



RIDE 138 SEMI  
(Flow 136)



QB - Fake Ride 38 - 5 Step Drop - Secondary Read - 3 Deep X or Z - Y to F on Check  
2 Deep or Seam Y to X to F on Check Down - Alert fades on Roll  
Man - X or Z

FB - Block Mike - N.T. Run 5 yard Check Down Weak

HB - Block Sam - N.T. Triangle Run Check M

X - Execute a Semi Route - CP - Alert S/A Weak SAFETY Blitz

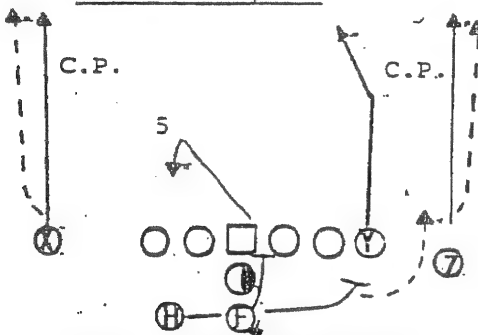
Z - Execute a Semi Route - CP - Alert S/A Sam - SS Blitz

Y Run 12 yard Curl over On Guard C.P. - Alert S/A Sam - SS Blitz

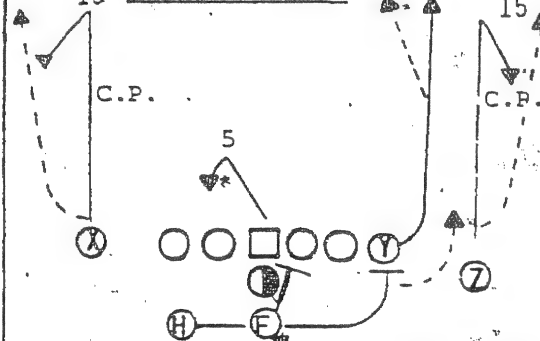
COMMENTS:

FORMATIONS:

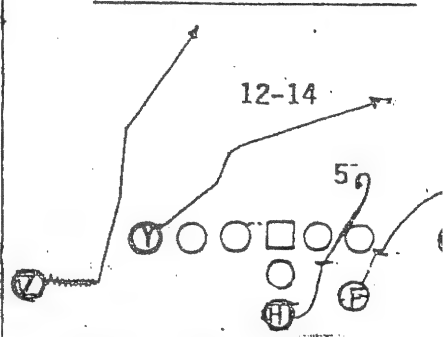
Ride-138-Semi-Go



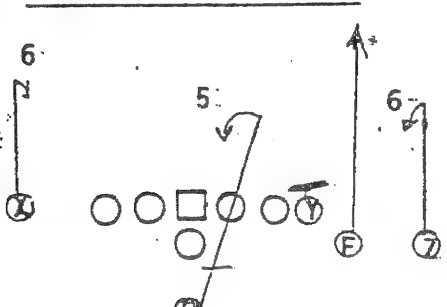
15 Ride-138-Y-Seam



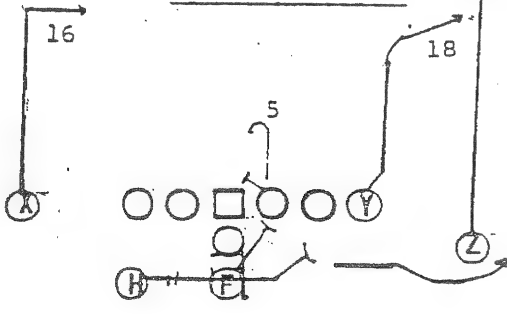
1 WK ZHF=R138 X CMBK



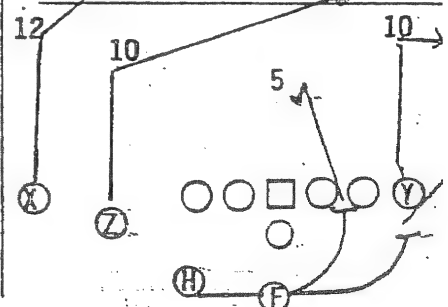
OFLD-R-136-SLOW-HITCH



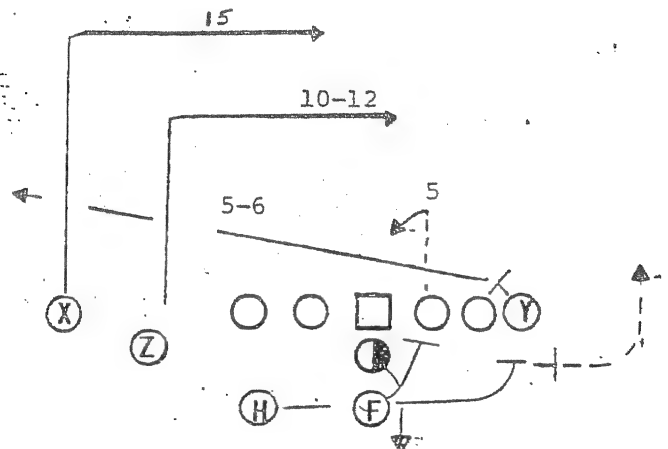
R-138 Y-Bow Out



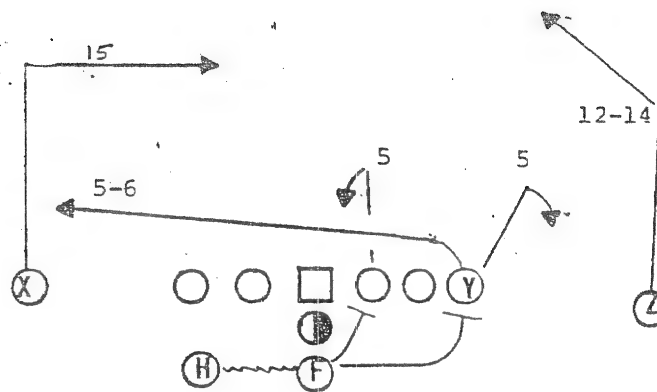
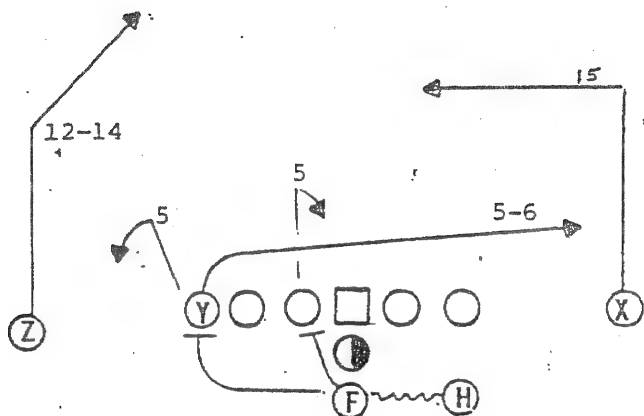
2 Slot - Ride 138 Double







○ ○ □ ○ ○  
○



QB -

Fake H-42 Ace - 7 Step Drop - Progression Read X to Y to F on Check Down  
Alert Z Post - No FS

FB -

Block Mike - N.T. Run 5 Yard Check down

HB -

Block Sam - N.T. Run 5 Yard Check drift

X -

Run 17 Yard In Cut

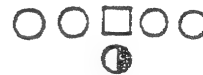
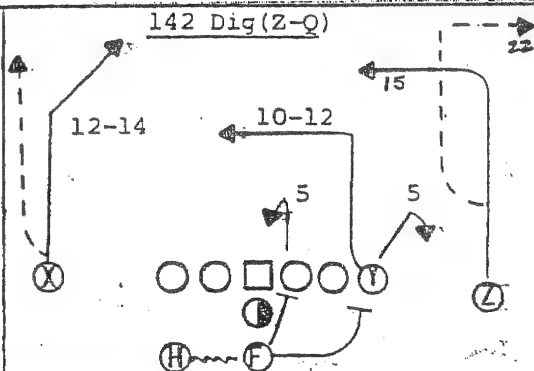
Z Run 12-14 Yard Post

Y -

Run 5 to 6 Yard Cross

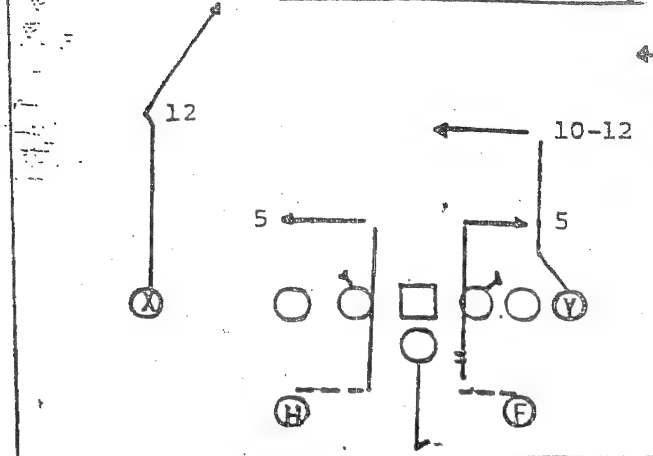
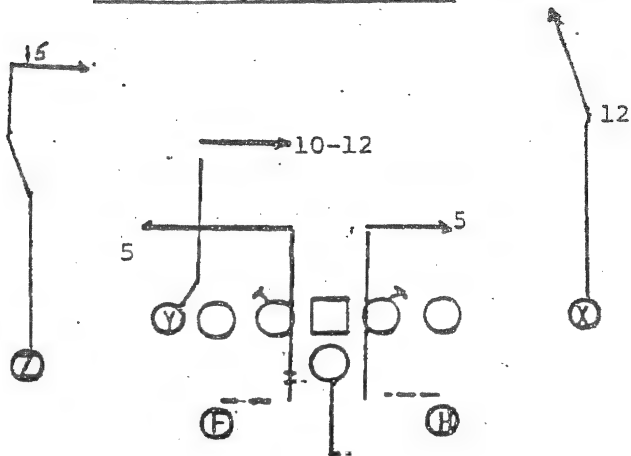
COMMENTS:

FORMATIONS:



7 - 142 Dbl Fan Dig

6 - 143 Dbl Fan Dig



QB - Fake 43-42 - Progression is Y-Z-F - FS vacates, Alert Post - Alert S/A

FB - Squeeze NT - Block Mike - NT - Execute a Flat Route

HB - Squeeze NT - Block Jack - NT - Execute a Flat Route.

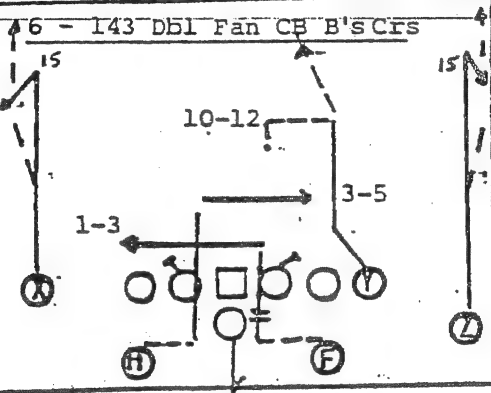
X - Execute a Post Route - Alert S/A FS Blitz

Z - Execute an In Route - Alert S/A Sam - SS Blitz

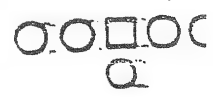
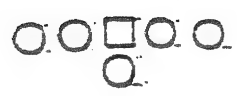
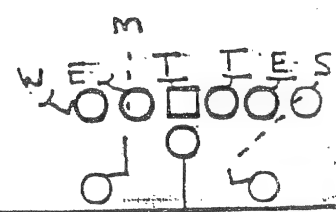
Y - Execute an In Route - Alert S/A Sam - SS Blitz

COMMENTS: Used Vs. 3-4 Teams

FORMATIONS: 6-7, 2-3



4-3 Over Blocking

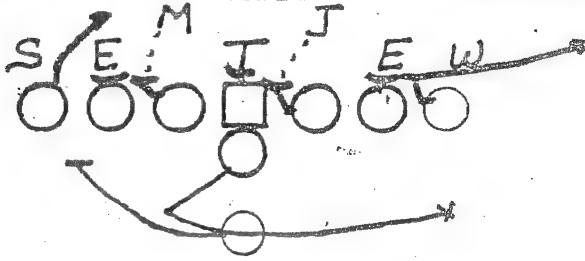


R 335 NAKED

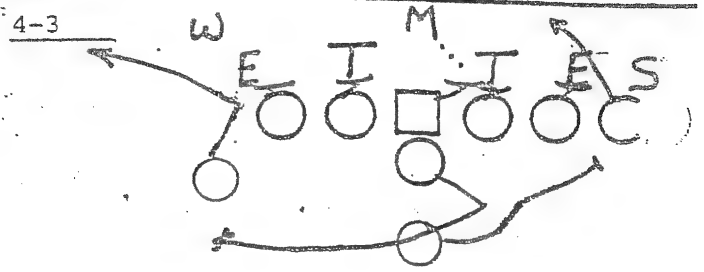
BOOTLEG

R 334 NAKED

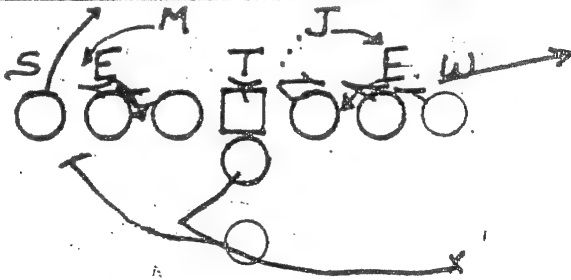
3-4



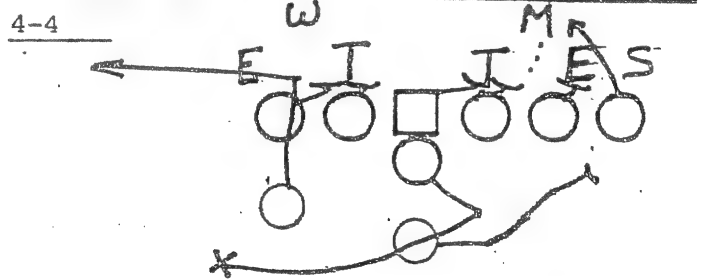
4-3



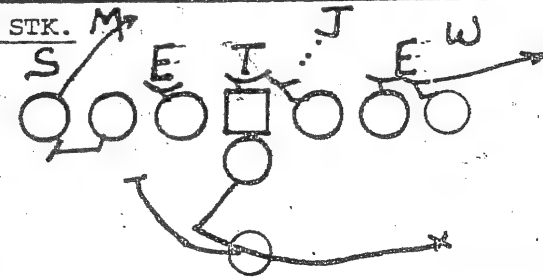
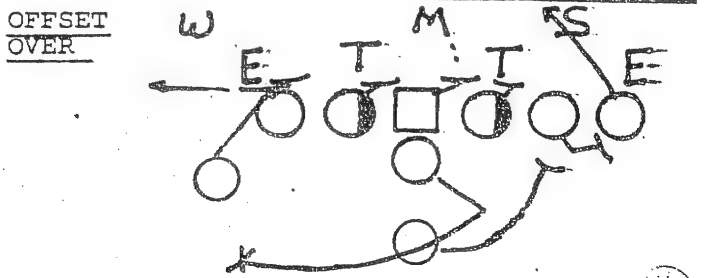
3-4 RIP



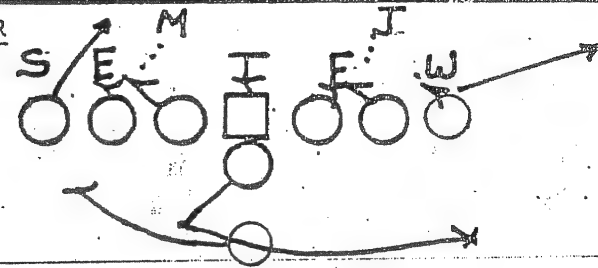
4-4



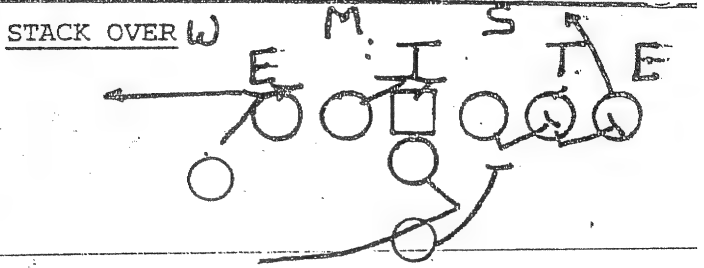
3-4 OVER STK.

OFFSET  
OVER

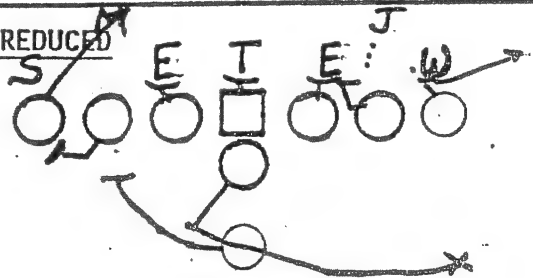
3-4 UNDER



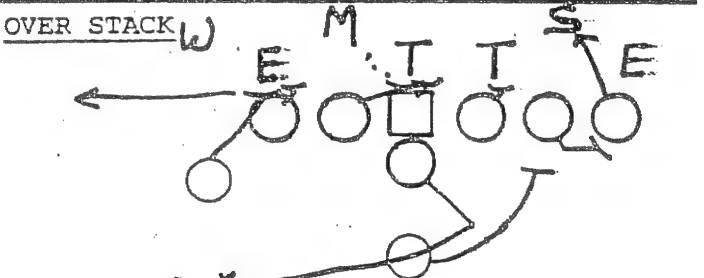
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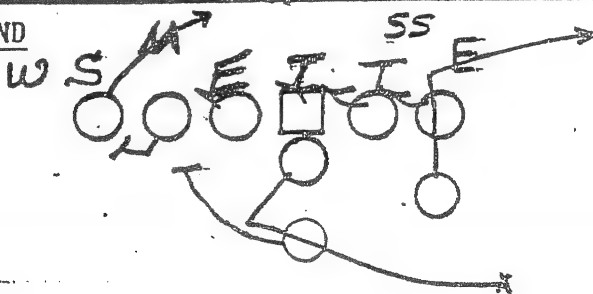
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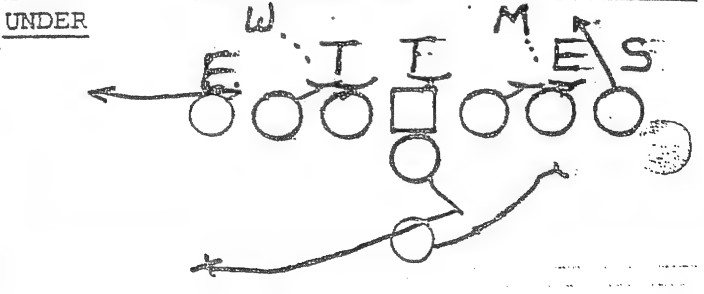
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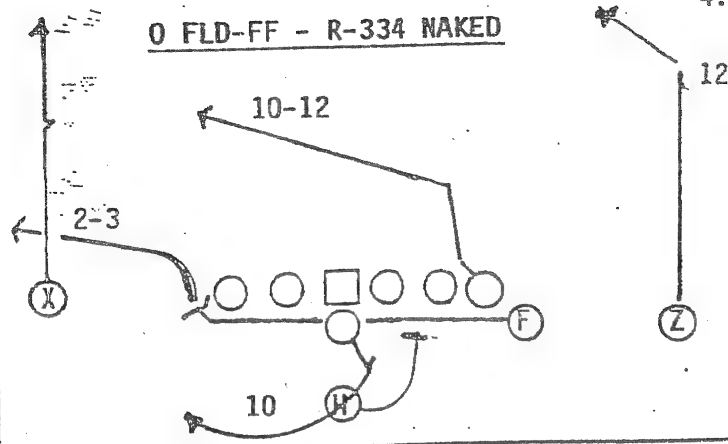


DIAMOND



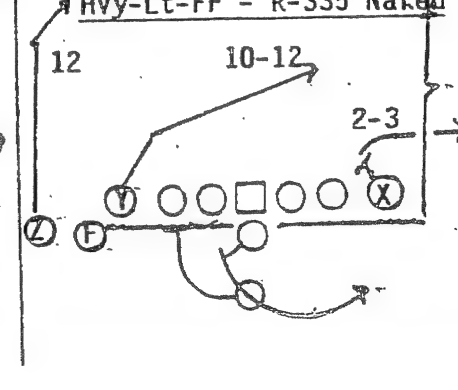
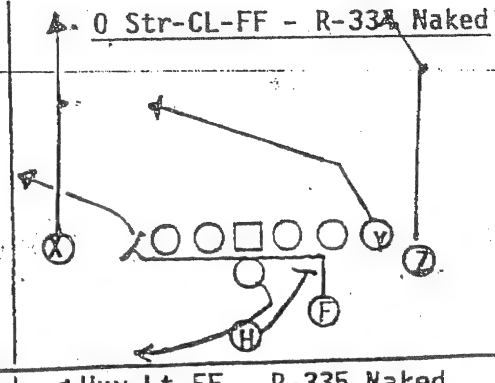
UNDER





Y Inside Release - Execute a Crossing Route at a depth of 10-12 yards

FORMATIONS:



# GENERAL OFFENSIVE LINE TERMINOLOGY

COVERED		Call or term to indicate a DEFENSIVE LINEMAN or LINE-BACKER head on, & on LOS.
UNCOVERED (OG BUBBLE)		Call or term to indicate no DEFENSIVE LINEMAN head on the GUARD on LOS.
UNCOVERED (OT BUBBLE)		Call or term to indicate no DEFENSIVE LINEMAN head on the TACKLE on the LOS.
EVEN		Defensive alignment that leaves the CENTER UNCOVERED.
ODD		Defensive alignment with the CENTER COVERED.
GAP		The space between two OFFENSIVE LINEMEN.
OFFSET		Defensive alignment with a DEFENSIVE LINEMAN OFFSET on shoulder, or in the gap.
BASE BLOCKING <i>Man on</i>		Call or term to indicate that each man blocks the man OVER him.
STAY		OFF GUARD STAYS to block the inside gap rather than pull. (STAY = OFF).
HOLD		ON GUARD HOLDS to block inside gap rather than pull. (HOLD = ON).
DOUBLE (D)		ON GUARD = ON TACKLE DOUBLE DT INTO STACK LB'ER. MOVEMENT 1ST THEN GUARD OR TACKLE COME OFF ON LB'ER

## OFFENSIVE LINE PLAY

Effective line play begins in the huddle. Upon hearing the play called by the quarterback, you should begin concentrating on the most important part of the play, YOUR ASSIGNMENT. Your mind must be clear and receptive. You must be able to put thoughts about the last play and your opponent aside so that your mind can play successful. Know exactly what the most important part of your job is and get yourself in position to do that first. Visualize the possible defenses, calls and possible adjustments. Communicate with your teammates on the way to the line of scrimmage. Keep the snap count continually in mind. One of the marks of a great offensive line is the ability of each player to burst from his stance at exactly the same instant that the ball is snapped. If you are slow coming off the ball or uncertain about anything, you will not achieve the togetherness and aggressiveness that is required to defeat your opponent. The style of football is marked by tremendous AGGRESSIVENESS. In order to win the SUPER BOWL we must always be determined to play with more AGGRESSIVENESS than our opponent.

Intelligent, aggressive line play is vital to the success of a great offensive football team. Each and every lineman should feel that the team's success is dependent upon his ability to handle the man across the line from him. No detail should be overlooked regardless of how minute it may seem on the surface. Each one of you should have your own individual "Game Plan" for your opponent. Ask yourself these questions about him:

1. Is he a "reader" that is flexed off the line and reacts? What is he reading? My stance, my head or the blocking scheme?
2. Is he a "blower" that charges recklessly across the line of penetration?
3. Does he charge high? or low?
4. Can he step first with either foot? Does he play from a right or left handed stance?
5. Does he use his hands well? Does he get them up quickly when his ball is snapped?
6. Does he seem to use his right arm and shoulder more than his left?
7. Does his stance or alignment tip off stunts or games? Does the alignment of his teammates tip off any stunts or games?
8. Can he be cut? On which plays can I cut him? How does he play a cut block?

9. Is he protecting an injury? What is it?
10. What are his strengths and weaknesses? Speed, quickness, reactions, strength, size, experience, pursuit, conditioning, effort and hustle?
11. What does he do best? Play the run or rush the passer?
12. What are his best pass rush moves? Slap-arm-under, Slap-arm-over, Head-butt-jerk, or Power-rush? What is the best way for me to pass block him?
13. What is his name and number?. (You need to know it because                      will ask you).

Each of our practices is planned to prepare you for the situations that you will face during the game. You must prepare yourself for each practice. Have a PRACTICE PLAN for each practice. Know what plays and situations we will be working on and what to expect from the defense. Talk to the players that you practice against and tell them what techniques you want them to use so that you can get the best simulated picture of what you will be facing in the game. Pick out something that you need to improve on and work on it prior to practice. Get someone else to help give you the right picture. If you have a problem during practice, stay after and work on it until you have it perfected. Football is your profession and, if you are willing to perfect your skills to become an authority on your position, you will have a long and successful career. Everything that we do on the practice field is designed to make you a better player and the                      a better team. Push yourself to practice hard and with a purpose so that you will be totally prepared for every game situation. Never go into a game or practice undecided about how to handle any situation that can occur.

### Fundamentals

**Split:** Normal split = 2 feet

Short yardage (vs. 3-4) = 18 inches

Short yardage (vs. 601) + Goal line = 6 inches

Keep your stance wide enough (it makes defenders nervous when you split them). Keep it consistent.

**Alignment:** GUARDS and TACKLES, align yourself so that your HAND is EVEN with the stripes on the CENTER'S shoes. This alignment will give you some depth off the line of scrimmage so that your man is not as close to you. On short yardage and goal line move up and get all of the ball.



Stance: You must continually check yourself to be sure that your stance is consistent. Be able to make all the necessary movements from one stance. Defenders are constantly studying you to see if you are tipping off plays with your stance, split or alignment on or off the ball. Your stance may be altered to allow for physical differences but it must be consistent. We will alter our stances on short yardage, goal line and obvious passing situations.

Feet: Take a comfortable position with your feet nearly parallel, approximately shoulder width, pointed straight ahead, and in alignment with your knees. Align your feet heel to toe to allow you to step first with either foot, (RG/RT= right foot back, LG/LT= left foot back). Distribute your weight evenly on the balls of your feet. You should be able to feel your weight on the balls of your feet and concentrate on pushing off the balls of your feet as you burst out of your stance.

Hand: Your down hand should be the same side as your back foot. Place your hand on the ground with the fingers extended and very little weight on it. You should be able to lift your hand without disturbing your weight distribution.

Body: Raise your tail so that your back is parallel to the ground. Bow your neck so that your head is up and you are able to look upfield. You must be able to see your opponent as well as the other defenders in your area while you are in your stance.

### Blocking Principles:

Always strive to make the defender take the longest possible path to the ball carrier. Know where the play is designed to go. Hit your man aggressively and position yourself so that he can't make the tackle. Never allow your man an angle on the ball carrier. Once you have gained the position that is required on each play, you must battle your man to maintain it long enough for the ball carrier to get through the hole. You should always strive to sustain each block for 4 seconds. Check yourself at the end of each play to see if you have prevented your man from making the tackle (this is how you will be evaluated).

You must have a good understanding of the basic defensive alignments so that you can recognize them immediately.

You must also be prepared to anticipate which stunts and blitzes are used with each defensive alignment as well as the situations in which they most frequently occur. You must know which alignments will require a call to change the blocking scheme to get the best possible blocking angles for each play. You must also know which alignments will require a check-off to another play as well as which play we will check to.

Based on viewing game tapes and reviewing past experiences we will agree on the best method for handling each situation and each defensive man so that you have the best chance of defeating him.

Head Priority: On each running play, you will be given a head priority, which indicates the target spot where your head should end up. This head priority is designed to give you the leverage to force the defender to take the long pursuit angle to the ball carrier. You must be determined to get your head where it belongs on each play.

Eyes: Before the snap, visualize the target point on your man. At the snap, locate the target point with your eyes and direct your head into the proper head priority position. You must keep your eyes open and "look your eyes" and head all the way into your man. "Looking your eyes in" will allow your body and feet to automatically make the proper adjustments. Concentrate your eyes on where your head is to go and fight with everything you have to get it there on each play. Learn to keep your eyes OPEN !

Quickness: Always work for quickness. Everything we do will be based on our ability to beat our opponents to the "punch". Never hesitate, read or feel your way. Make your opponent react to you. We are on offense.

Pop: If executed properly, the "pop" will momentarily stop or stun your opponent and enable you to control his charge. "Pop" should be delivered up and through your man with the head first, then the hand, arm and shoulder rip, timed a split second later to get the maximum control. The "rip up" of the arms should never precede the "pop". When it does, over-extension results.

Hands: The proper hit and arm rip is designed to get your hands into the body of the defender. Work hard to get your hands into his chest. Once you get them there, keep them there. Use them to feel his reaction to your block and to control his movement. This is called the "forklift" technique.

Blocking Progression: You must always use the following progression in exactly the order in which it is presented. Never try to climb, wall or stick your man before you hit him.

1. Hit: Hit with a quick, controlled body extension at the moment of contact. It is not absolutely necessary to be bigger or stronger than your opponent to get enough "hit" to control his charge. "Hit" is a matter of quickness, timing, and leverage. You must always hit with your head lower than your opponent's.

2. Climb: The proper hit will put you into good position to "climb" your man. Control your body so that your head, shoulders, arms and hands are ripping and lifting up and through your opponent. Roll your tail under you and bring your feet with you as you prepare to wall him off from the play.

3. Wall: After the proper hit and climb has controlled your opponent's charge, you must now "wall" him by working your feet and body around him to get between him and the ball carrier.

4. Stick: After accomplishing the proper hit, climb and wall, you must "stick" with your opponent. Stay on your feet, keep them driving to keep pressure with your head, shoulders and hands on your opponent. Keep the proper head priority and sustain it by churning your legs until the whistle blows. Unless you sustain your block long enough for the ball carrier to get through the hole, it is useless. Always strive to knock your opponent off the line of scrimmage, we want the ground that he stands on. If you are unable to wall your man, the runner can often cut back if you run him past the hole. Keeping your hands inside on his body and feeling how he is trying to fight out of the block, will signal you to wall him the other way.

Drive block: This block is used when you are at the point of attack. On the snap count, roll your weight forward and push off of your front foot, while stepping first with your rear foot. Hit with your head in the middle aiming your head at the middle of the tops of the opponent's jersey numbers. Climb him quickly and wall him the way he wants to escape. Stick and sustain your leg drive. Good drive blockers knock their men off the line of scrimmage consistently, regardless of the opponent.

Hook block: This block is used when we are running outside of your position. Step forward with the outside foot, aiming your head with your eyes at the top of the outside number of your opponent's jersey. Hit with your head and hands simultaneously. Rip your hands into his body so that you can get control of him and feel how he is reacting. You must knock him off the line of scrimmage so that the ball carrier has plenty of room to make his cut. Work your feet and body around and wall him off.

Stay up on your opponent, do not go into a cut unless we have previously agreed to do so on this opponent. Going to the ground is a one-shot all-or-nothing situation which we want to avoid. Stay on your feet. If, after running with the defender, you find that he won't let himself be hooked, "forklifting" your hands inside on his body will enable you to feel when the ball carrier is cutting inside. Turn your opponent out, work your feet and body inside and wall him out.

Reach Block: This block is a vital part of mate blocks, and is used when your assigned man is one man removed from you to the playside. Open outside foot, as in pulling, cross over with inside foot, to get it in the middle of his stance. Aim your head at the defender's outside shoulder pad, and punch his inside ribs with your inside hand (to prevent missing him on a rip). Square up on the third step, sustaining your leg drive, and finish off as you would a hook block.

Down block (cut): This block is used when your assigned man is aligned in your inside gap or on the man inside of you, and we are running to the outside. Lead step with the inside foot down the line of scrimmage, aiming your head at his inside knee. Get your head and upper body in front of him to stop his penetration. Hit with your head and outside shoulder, then drive your outside knee and hip around his legs forcing your outside hip into his outside hip (hip to hip), and cut him down. Scramble and crab along the ground to sustain the block.

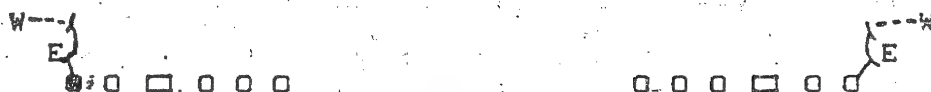
Angle block (stay up): This block is used when your assigned man is offset or one man removed from you, away from the play, and you are at the point of attack. Angle step with the near foot, aiming your head at the V of your opponents neck, if he is a penetrator. Move the aiming point back to the corner of his pads, if he is a reader. Hit with your head and rip up with your hands and arms, follow through with your far foot and wall him off from the play. You must attack with quickness and force rather than reading and allowing your opponent to react to your block.

Cut off block: You will use two types of cut off blocks. one is for outside runs, 8&9 hole plays, on which you will cut your opponent. The second is for inside or cut back runs, 4&5 and 6&7 hole plays, on which you will stay up and run with your opponent to cut off his pursuit.

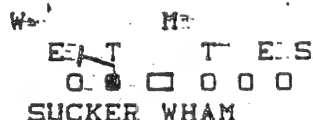
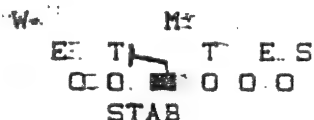
8/9 hole (cut): Pull with some depth, down the line of scrimmage aiming your head in front of your opponents inside knee. force yourself to take an extra step to get your head past his legs, then circle your head upfield as you make contact with your outside shoulder. You must exaggerate your angle of approach and realize that if he stunts away from the play, and you miss him, he can not catch the play.

6/7-4/5 hole (stay up): Step forward with your inside foot, driving your head at your opponents inside shoulder pad. Hit with your head and hands simultaneously. Rip your hands into his body, to feel his reaction to the block. Knock him off the line of scrimmage and work your feet and body around and wall him off. Stay on your feet and sustain your leg drive. If, after running with the defender, you find that your opponent won't let himself be cut off, "forklifting" with your hands will enable you to feel when the ball carrier is cutting back, then turn your man in, work your feet and body outside and wall him in.

Scrape Block: This block is used by the offside tackle whose assignment, on most plays, is to block off the pursuit on the backside, either the defensive end or linebacker, when the linebacker is aligned outside of your position. The foot that you step with varies with their alignment. Aim your head at the inside shoulder pad of the defensive end. Rip up with your outside hand and feel how he is playing the block. If he tries to two gap and fight through your block, continue your block on him and fight to wall him out. If he charges outside and upfield, continue through and get a cut off position on the linebacker. If the linebacker is aligned in a stack position where you can't get to him, you will need to make a "SWAP" call and mate with the guard.



Stab Block: This is a technique for an uncovered lineman to check and stop a run through by the linebacker before blocking the next down lineman offside. ~~Cross step first with your inside foot, as you check, then with your offside foot and angle block the lineman.~~ If the linebacker does run through, you must block him. This technique is also used by the lineman at the point of attack on the defensive lineman that we want to influence on a "SUCKER WHAM" PLAY.



Pulling: Speed and quickness are very important, be especially conscious of getting out exactly on the snap count when pulling. Constantly check your stance to be sure that it is consistent and you are not "tipping" your pull by; shifting your weight back, evening your feet, aligning deeper, or closing your split. In order to be an expert puller you must; concentrate on moving fluidly, know your opponent's location so that you can be decisive with your path, and stay on your feet through traffic so that you can make adjustments. There are three fundamentals which must be accomplished as you pull:

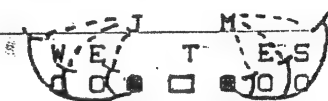
Far foot: Mentally concentrate your body weight on the far foot (away from the pull). Pivot on the far foot pushing off of it as you leave your stance.

Near foot: Take a jab step with the near foot with the proper depth for the particular play.

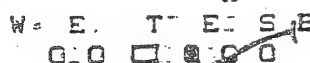
Locate your man: Turn your head and immediately focus your eyes on your assigned defender. Running to him quickly with your eyes fixed on him will enable your feet and body to adjust automatically to the proper angle of approach and position for contact. Look your eyes into the proper head position and your footwork will take care of itself.

Concentration on these points will help you avoid false stepping and hopping. Every step of your pull should take you closer to your assignment. Your pull should be a continuous fluid movement.

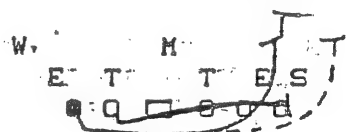
Option pull: Step laterally, with your outside foot, and with enough depth to clear your teammate. Fix your eyes on your opponent and keep them on him. React to his pursuit angle and get around quickly, find the place to turn up with your peripheral vision (you may use your hands on your teammates as feelers) and hit the linebacker quickly. The object is to get turned upfield ahead of the linebacker and wall him to the inside. If he crosses your face by running laterally to the outside before you can get to him, turn up and wall him to the outside. Once you get turned upfield you may cut the linebacker by throwing your head and shoulders at his thighs. If you cut at him, you must get him on the ground.



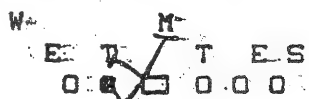
Trap pull: Step laterally with just enough depth to clear your teammate's down block. Find your assigned man immediately by looking at the point of attack and seeing who is unblocked. You are to kick your man out so that we can run inside your block and outside the down block. You should bow your path toward the line of scrimmage to gain an inside out angle on the defender. Aim your head in front of him so that you make contact with your far shoulder. Just before impact, dip lower and explode up and through the defender. Swing your knee up into his groin and follow through on your feet. You should always approach your man on an inside/out (bowed) path. If he closes the hole without penetrating and cannot be trapped, adjust to log and hook him, but never anticipate a log with your path or you won't ever get the kick out angle that is required each time a trap play is called. Note: this technique is also used on G.



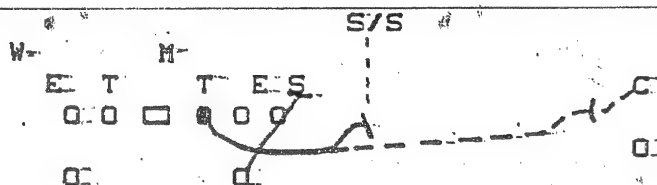
Special pull: The OFF TACKLE'S pull on SPECIAL must be done with speed, the back is running on your block, don't slow him down. You must pull with a little more depth than the OFF GUARD you are following so that you can clear any penetration and read his block. Locate the man that the guard is going to trap on your first step. If he penetrates, be ready to turn up inside his block. If he closes, be ready to go around the guard's log. Once your decision is made turn up and look back inside for your onside linebacker N/T continue upfield for the safety.



Fold pull: Step back with your near foot and raise up to allow your teammate enough room for his angle block. As soon as you plant the near foot, dip down by bending your knees on the second step. Locate the linebacker, hit him in the middle of the tops of his jersey numbers. Rip with the hands and arms, swing your knee up into his groin and knock him backwards. Wall him off and sustain your leg drive.



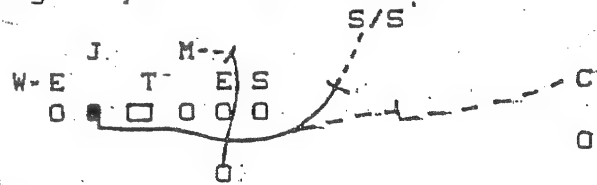
Flow 38/39 pull: ON GUARD, step back with the near foot, on an angle sufficient to clear the fullback's block on the end man with out forcing him too wide. This is the deepest angle that you will have to take on any pull, and the play requires that you get out in front of the ball carrier with speed.



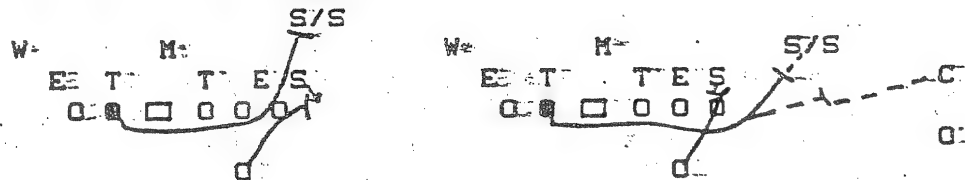
Gain depth until you have passed the fullback, then run parrallel to the line of scrimmage, locate the forceman and, just before you get to him, bow your path towards the line of scrimmage and kick him out. You must quickly recognize who the force man is (DIAMOND = LINEBACKER, WIDE = DEFENSIVE END, STRONG SAFETY or CORNER), and vary your path accordingly. The FULLBACK will cut the linebacker over the TIGHT END. If the sam runs to the outside, turn up inside the FULLBACK and block the STRONG SAFETY.

Flow 36/37 pull: OFF GUARD, you have three possible assignments on this pull ("G" tells you to stay and OBE, or SWAP):

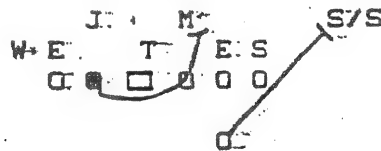
"SOLID": Tells you to pull outside the TIGHT END'S block on the end man for the force (STRONG SAFETY, or CORNER). The fullback will cross your path and you should dip slightly deeper to avoid him rather than slowing down to let him pass (the ball carrier is running on your block so don't slow him down).



"POWER": Tells you to read the FULLBACK'S block on the end man. If he widens, turn up inside the FULLBACK'S block for the STRONG SAFETY. If he closes, go around the FULLBACK'S block and block the force (STRONG SAFETY or CORNER).



"O": Tells you to turn up and block the MIKE linebacker, over the ONSIDE GUARD. The FULLBACK will go outside and block the force.



Blocking linebackers: An assignment on a linebacker is vital. They are usually smaller and quicker athletes than offensive linemen, and the defenses in this league are designed to allow them pursuit angles to use their athletic ability to make plays. It is our job to get them blocked. Know how your opponents are taught to play your block (Rt/Lt shoulder or hand shiver) as well as their pursuit angle (behind linemen or running through).

At the point of attack: Roll off the ball low and hard, forcing yourself to stay low enough to hit with your head under the linebacker's head. Your feet should be shoulder width. Look your eyes into the top of his jersey numbers, pop him with your head and rip with your hands and arms, (forklift technique). Keep your feet moving and take him where he wants to go.



Know which shoulder he favors and always get movement.

Away from the point of attack: Release through the line at a sufficient angle to get your head in front as the linebacker flows with the play, however, if you are involved in a mate block with your teammate on the offside, your angle must not be so flat that your teammate cannot get a sufficient angle to cut off the down lineman. Take away the linebacker's angle of pursuit and make him escape by taking the longest route to the ball carrier.

Maintain your base and knee bend to stay low. The linebacker will probably try to fake one way and go the opposite. Be sure that you know how he plays this block and vary your depth so that you are in position to block him. Focus your eyes on his jersey numbers and keep your feet moving to react to his path. You may cut the linebacker on 8/9 hole plays.

Blocking defensive backs: Desire, hustle and determination are all that is necessary to become a successful downfield blocker. Locate the man you are to block on your first step and go after him with your eyes fixed on him. Expect every play to break for long yardage with the idea that your block will be the one that will spring the ball carrier all the way. Never assume that the ball carrier has been tackled until you hear the whistle. Always make your best effort to block downfield until the whistle blows. This is the best way to get noticed.

Blocking outside on force: Start your approach as if you are going to hook the defender. Make him think that the play is going outside of him. Approximately five yards in front of him, circle into position, inside out, to give him only one way to go. Most forcemen fake inside and then force from the outside. They are usually taught not to let anything outside of them. As you get close to him, dip and explode up and through him. Forcing your self to take another step and swinging your knee into his groin will allow you to run over him without breaking stride. Your eyes should look into his numbers. Keep them open. You should hit with your head in front so that contact is made with your inside shoulder (further back if he is a spinner). Get your hands inside and control him.

Blocking downfield: Strive to stay on your feet and run through and over the defender. Look your eyes and head into his numbers. Get as close to the defender as possible with the take-off foot before hitting. Get close enough to step on his toes. Bring your body under control without slowing up. The defender may try to fake you either way because you are running straight upfield at him. Just before contact, dip down (genuflect), and explode up and through him. Swing your knee up into his groin and run over him without breaking stride. A cross body block may be used if you are not in position to block him with your head and shoulders. Concentrate on driving your hip across and through the far hip of the defender, aim high enough so that he cannot jump over your block. Your body control and angle of approach will determine the type of block that you use.

Throw all blocks with force. Unload up and through the defender. We want him on the ground. Sustain open field blocks by staying up in his face, rolling or scrambling and crabbing after him on all fours. If you can not get ahead of the ball carrier, use good judgement of when to peel back. Never clip and cost us a long gain, especially if the ball carrier has scored or is about to score. Never look back for the ball carrier. It his his job to set up and cut off of your block. Throw your block anyway you can assuming that the ball carrier is right behind you.

Pride: To be a great blocker, you must always take pride in the details of your assignment. Know your opponent and the philosophy of the defense that they play. Play every play with the utmost intensity. Let's find out what will happen if we give everything we have, every time the ball is snapped.

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### MATE BLOCKS

Our offensive system is based on the principle of two or more blockers being responsible for reading the relative alignment of two or more defenders in an area and making the appropriate calls that enable you to gain the best blocking angles for the play. To accomplish this, both blockers must see both defenders. The mate blocks are named to specify which two blockers are involved in the block.

Technique: Start the block by double teaming the down lineman. The onside blocker should fire out straight ahead, aiming your head at the down lineman's onside shoulder pad, (you have backside help). The offside blocker should step laterally, to the down lineman. Keep your eyes focused on the linebacker while aiming your head into the middle of the down lineman's numbers. Both of you should rip up and through the defender with your hands (offside blocker-use one hand on DL until the LB fast flows, then use two hands on DL. Knock the defender off the line of scrimmage! You will be told to use either "BASE", "POWER", or "CUT" technique depending on the type of play and the point of attack.

Base: Indicates that you are at the point of attack, a read is involved, and the onside blocker's head should be in the middle of the down lineman. Either blocker will come off on the linebacker depending on the charge and play of the down lineman. Both blockers must knock the defender off the line of scrimmage, and gain control of the defender with your hands to feel who should come off.

Power: Indicates that the point of attack is outside your area. The onside blocker should power through the down lineman's outside shoulder, knocking him off the line of scrimmage, and then come off for the linebacker. The inside blocker should step flatter to take over the block on the down lineman and push the outside blocker off on the linebacker. If the defender "runs out of the block", the inside blocker should adjust up on the linebacker.

Cut: Indicates that you are on the offside of a wide play and we want the defensive lineman cut to the ground. The onside blocker should power through to the linebacker. The offside blocker should pull down the line, aim your head past the down lineman's far knee, and execute a running cut block on him. Expect to run 4 or 5 steps before cutting him. The rules allow you to clip him on this block.

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### Rule 3, Section 5 CLIPPING

Clipping is throwing the body across the back of the leg of an opponent or charging or falling into the back of an opponent below the waist after approaching him from behind, provided the opponent is not a runner or it is not close line play.

# Rule 12, Section 2, Article 9 CLIPPING

There shall be no clipping from behind below the waist. This does not apply to offensive blocking in close line play or a runner.

Penalty: For clipping: Loss of 15 yards

Close line play is that which occurs in an area extending laterally to the position originally occupied by the offensive tackles and longitudinally three yards on either side of each line of scrimmage.

EXCEPTION: An offensive lineman may not clip a defender who, at the snap, is aligned on the line of scrimmage opposite another offensive lineman who is more than one position away when the defender is responding to the flow of the ball away from the blocker. EXAMPLE: TACKLE cannot clip NOSE TACKLE on sweep play.

The closer you are to the point of attack, the more any mate block becomes a "double-team" block, (the reverse is also true). Never leave a down lineman until your companion blocker has him under control. Before the snap, make the appropriate call for the alignment of the defense. Always note the alignment of the linebacker, to give yourself a clue as to any stunt that may take place, so that you can vary your approach angle to anticipate the stunt. After the snap, read and adjust to any stunt that takes place. Successful adjustments require teamwork, timing, and intensity by all of us. We must first knock the defender off the line of scrimmage before we can make an adjustment.

Calls can be made, changed or called off ("BASE") by either man. Use the last call made. The inside blocker should call "BASE" if the linebacker walks up into the line. This tells the onside blocker that the mate block is off and he won't get any help from you.

"F" = Involves the TIGHT END, ON TACKLE and ON GUARD.



"F" (vs. ot bubble) "F" (vs. og bubble) "BASE" "F" on the move

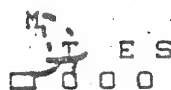
"SCOOP" = Involves the ON TACKLE and ON GUARD.



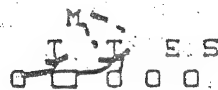
"SCOOP"

"3 SCOOP" (vs. CRASH) "BASE"

"SLIP" = Involves the ON GUARD and CENTER.



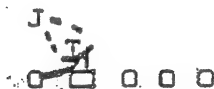
"SLIP"



"3 SLIP" (vs. over) "BASE"



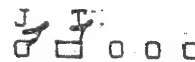
"OBE" = Involves the CENTER and OFF GUARD.



"OBE"



"3 OBE" (vs. under/diamond) "BASE"



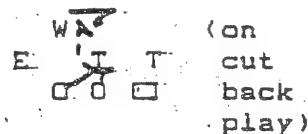
"SWAP" = Involves the OFF GUARD and OFF TACKLE.



"SWAP"



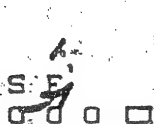
"BASE"



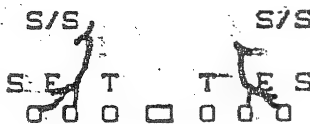
"SWAP TAG"

(on cut back play)

"E" = Involves the OFF TACKLE and TIGHT END.



"E"



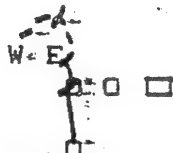
"E" (to S/S)

"ELEPHANT" = Involves the OFF GUARD, OFF TACKLE, TIGHT END, and Z (used in SY and GL situations).

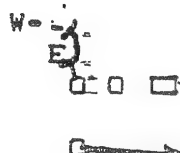


"ELEPHANT"

"SCRAPE" = Is a technique for the OFF TACKLE that may or may not involve the BLOCKING BACK.



"SCRAPE"



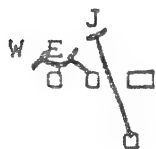
"SCRAPE"

"CHUCK" = Is a technique for the OFF TACKLE vs. OLB/DE.



"CHUCK"

"FAN" = Is a scheme for the ON TACKLE and ON GUARD.



OT= Step w/inside foot to read DE & LB.

OG= Angle block DE, adjust off for LB.



"BASE"(when LB walks up)

### DOUBLE TEAM BLOCKS

Double team blocks are used at the point of attack. We expect you to get movement on the down lineman. Both blockers must work together to get movement and control of the down lineman, then feel who is to come off for the linebacker.

POST (Inside man)- You are responsible for:

1. Run through by the linebacker (possible "down" call).
2. Stopping penetration by the down lineman.
3. Preventing him from "splitting" the two of you.

Step flat with the inside foot, showing the down lineman that your head is going inside, if he is reading your head, he will react inside. As he reacts inside and the drive man blocks down, use your outside hand, arm and shoulder to throw him down inside, pulling your head back and walling him in. During the block, you should be looking inside of him in order to pick off a linebacker running under your block.

DRIVE (Outside man)- You are responsible for:

1. Bumping the down lineman, and pushing him off the line of scrimmage, using your hands on him.
2. Reading the pursuit of the linebacker, and coming off and walling him in when he scrapes.
3. Staying on the down lineman if a linebacker runs underneath.

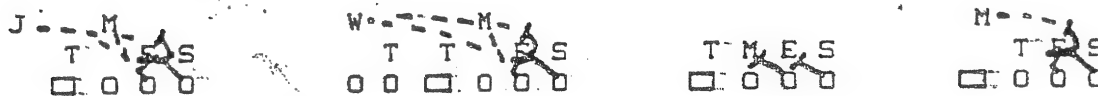
Look at the outside hip of the down lineman. Step down with your inside foot. Drive your head and shoulder into his hip, then slide outside and slightly away from the post man. Hit slightly higher than the post man and lock your arms out so that you can read the linebacker's path of pursuit. We are running outside your block, so you don't need to be in a hurry to come off, but be under control to stop and wall the linebacker when he gets there.

If the linebacker walks up into the line of scrimmage, the post man will call "YOUR NAME", telling you that he is blocking down and you should block down without his help.

"TEAM" = Involves the TIGHT END and the Z. TIGHT END makes the call.



"POWER" = Involves the TIGHT END and ON TACKLE. TACKLE makes the call.



"POWER"(to JACK) "POWER"(to WILL) "NAME" "POWER"(to MIKE)

"TAG" = Involves the ON TACKLE and ON GUARD. GUARD makes the call.

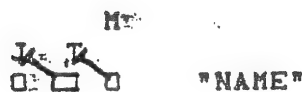


"TAG"(to MIKE) "TAG"(to WILL) "NAME" "TAG"(to NOSE)

"ACE" = Involves the ON GUARD and CENTER. CENTER makes the call.



"ACE"(to JACK) "ACE"(to WILL) "ACE"(to MIKE)

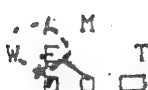


"BUMP" = Involves the CENTER and OFF GUARD. CENTER makes the call.



"BUMP"(to WILL) "BUMP"(to FLEXED END) "NAME"

"FAN" = Involves the OFF GUARD and OFF TACKLE. TACKLE makes the call.



"FAN"(to WILL)



"FAN"(to WILL)

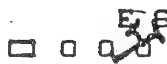
### CROSS BLOCKS

Cross blocks are used at the point of attack. They are schemes that involve two or more blockers. One blocker will go first on a down or angle block, and another blocker will pull around and trap or log. These cross blocks are used to create a running lane by taking advantage of the weakness in the alignment of the defense. One of you will be responsible for making the call, when the defense is in the specific alignment for the play that is called.

"U" = Involves the TIGHT END and ON TACKLE. The TIGHT END calls the TACKLE'S "NAME", and blocks DOWN on the defensive end. The ON TACKLE pulls and blocks the sam linebacker, in or out. The TIGHT END makes the call when he can't hook the sam.



"U"(8/9 hole)



"U"(6/7 hole)

"SLOW U" = TIGHT END and TACKLE both pass set, if man over the TE does not rush, the TE then blocks down on the man rushing on the TACKLE. The TACKLE must lock arms out to keep the rusher away. When the TACKLE feels the TE block down, pull around and block the man over the TE.

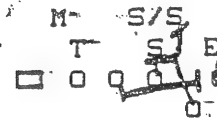


"SLOW U"



"SLOW U"

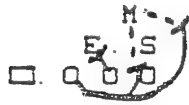
"U CRACK" = Involves the ON TACKLE, TE & F(flood). The TE & F block down leaving the outside forceman for the TACKLE to kick out as he pulls behind their blocks.



"U CRACK" is always called in the huddle.



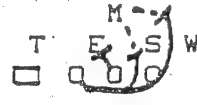
"X" = Involves the ON TACKLE and ON GUARD. The TACKLE calls the GUARD'S "NAME", and blocks DOWN on the defensive end or tackle. The ON GUARD pulls and blocks the linebacker over the TACKLE. The TACKLE makes the call by rule when you are uncovered on certain plays.



"X"

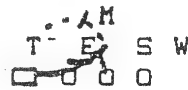


"X"



"X"

"EVEN" = Involves the CENTER in the "X" block, with the ON TACKLE. The CENTER calls "EVEN" when he anticipates a stunt by the two down linemen.



"EVEN"

OT = Angle block, adjust off on nose if stunt occurs.

OC = Step flat to get head in front

"EVEN/ODD" = Are called by the CENTER vs. an even front, when the ON GUARD is pulling. On "EVEN", the CENTER reach blocks the defensive tackle, and the TACKLE steps down and through for the linebacker. On "ODD", the TACKLE blocks down on the defensive lineman, and the CENTER goes through on the linebacker. The CENTER makes the calls.



"EVEN"



"ODD"

"O" = Involves the CENTER and BOTH GUARDS. This scheme is called in the huddle.



"O"

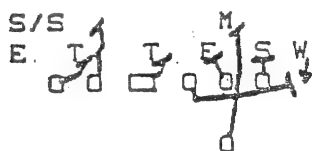
ON G & CENTER = "ACE".  
OFF G = PULL & trap LB.



"O"

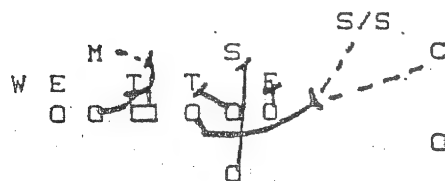
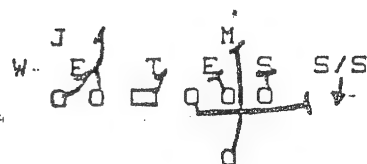
ON T = Block down when uncovered.

"G" = Involves a change in EVERY BLOCKER'S assignment. We will use this scheme on FLOW 36/37. It has been the best way to create a running lane against the DIAMOND defense. It is the responsibility of the ON TACKLE to call out "G", when you are UNCOVERED, so that EVERYONE can hear it. Everyone pass the call on.



TE= Drive sam off the LOS.  
ON T=DOWN, or EVEN block.  
ON G=Pull, kick force out.  
FB=Through for linebacker.  
OC=Hook nose, or "EVEN".  
OFF G/T=SWAP (no pull).

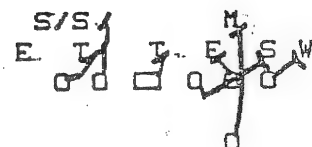
"G" (DIAMOND)



"G" (DOUBLE REDUCE)

"G" (for FORCE)

"G LEAD" = Involves the TIGHT END, ON TACKLE, ON GUARD and the FULLBACK. TACKLE makes call when you are uncovered.



TE=Block out on FORCE.  
ON T=Down, or EVEN block.  
ON G=Pull, kick out sam.  
FB=Through for linebacker.

"G LEAD"

"GUT" = Involves the ONSIDE or OFFSIDE GUARD and TACKLE. This call is made by the TACKLE when the defensive end is lined up head on you. It can also be a huddle call.



"GUT"

"GUT"

OG = Angle block out DE.  
OT = Pull around for LB.  
Call "BASE" if DE aligns outside.

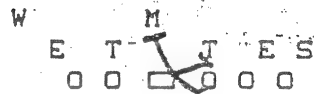
"FOLD" = Involves the CENTER and the OFF GUARD.



"FOLD"

OC = Angle block OFFSIDE.  
OFF G = Pull around for LB.  
Call "BASE" if DT aligns outside.

"C" = Involves the CENTER and the ON GUARD.



"C"

OC = Angle block ONSIDE.  
ON G = Pull around for LB.  
Call "BASE" if DT  
aligns outside.

"RON"/"LON" = Involves the CENTER pulling around the ON GUARD. The CENTER makes the call.



"RON"



"LON"

"BACK YOU" = The CENTER makes this call to tell the OFF TACKLE to block down and cut off the DT.



"BACK YOU"

NOTE: "BACK" tells the ON GUARD to block down on the NOSE, alone.

"BACK ME" = The CENTER makes this call to tell the OFF TACKLE to go through on the linebacker.



"BACK ME"

"DOWN/DOWN" = OC call to tell the ON GUARD and ON TACKLE to block down.



"DOWN/DOWN"

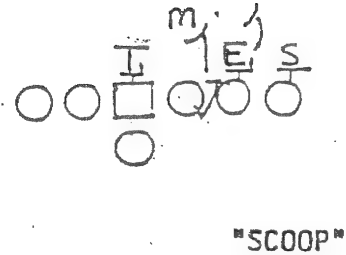
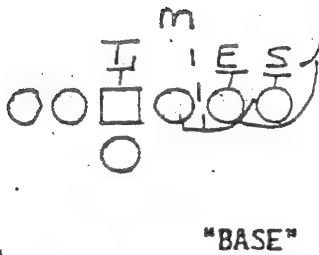
"BACKER" = call by OT to the OFF GUARD to turn up for LB and not trap DL.



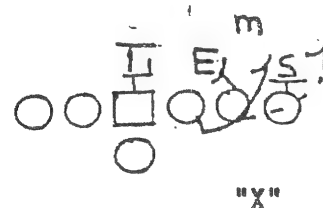
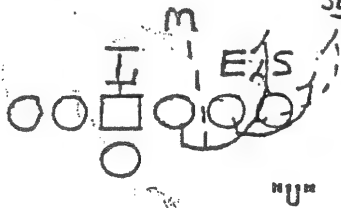
"BACKER"

PERIMETER BLOCKING  
SCHEMES AND CALLS

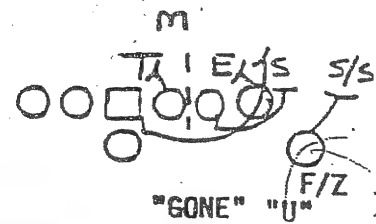
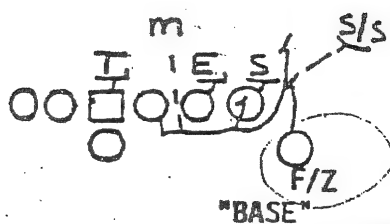
SPRINT/SLANT 38 BOSS



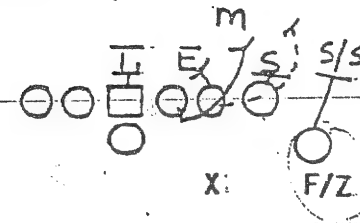
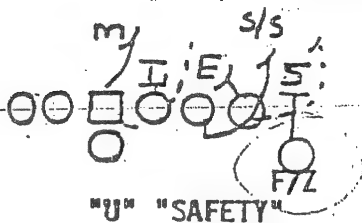
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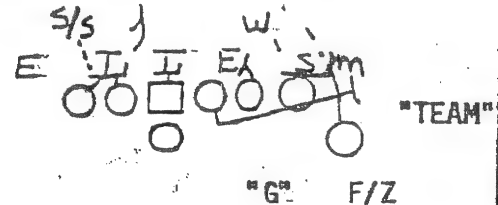
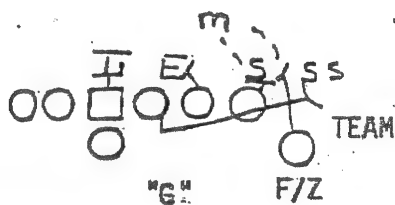
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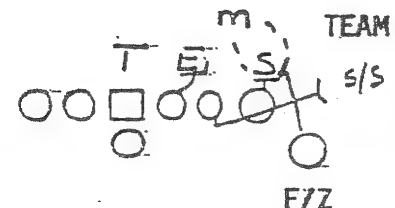
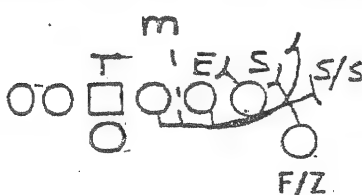
SPRINT/SLANT 38 BOSS



SPRINT/SLANT 38 BOSS



SLANT/TOSS 38 U CRACK



## CENTER FUNDAMENTALS

The CENTER must be the leader of the OFFENSIVE LINE. The majority of the line calls are to be made by the CENTER, and to do this he must first have a clear understanding of the concept of the plays that we will use. He must know the assignments and the adjustments of all the offensive positions. He must be able to recognize and call out the defensive fronts and be able to quickly determine which calls to make to gain the best blocking angles. The CENTER must also be quick and consistent. Work to improve your quickness in every drill. Our whole emphasis will be to establish consistent, high quality performance and everything must start with the CENTER.

### I. STANCE

- A. The feet should be as even as possible to enable stepping first with either foot. Both feet should be spread wider than the shoulders and pointing straight ahead.
  - B. The knees should be comfortably spread and flexed slightly.
  - C. The hips are as high as possible while still allowing you to be able to charge forward. Keep your back parallel to the ground.
  - D. Have your head up. Be able to scan and recognize the defense for proper calls. Don't tip your block with your eyes.
  - E. If you use one hand to snap, rest the forearm of your free arm on your knee. You may use two hands on the ball if you wish.
- 
- F. Your weight should be balanced on the balls of both feet (little or no weight on the ball). Be able to move laterally to either side or forward or backward, without cheating or tipping your stance.

### II. THE BALL

- A. POSITION- The ball should be positioned slightly to the right and forward of your head. Extending the ball in front of you will give you better cut-off angles, because the defenders will not be as close to you or your teammates.
- B. LACES- The ball should be held with the laces up and the needle valve in the palm of your hand or by the quarterback's preference.



### III. SNAPPING ARM AND HAND

- A. The arm should be extended but not strained (never bent).
- B. Fork the front part of the ball with the thumb and forefinger, keeping your wrist straight. The thumb should be against the far lace on the ball.

### IV. EXCHANGE

- A. COUNT- Listen to the Quarterback. Do not anticipate the count. Snapping the ball early, penalizes the rest of the offensive team by giving the defense the advantage. Pass the ball on the "Hut".
- B. SNAP- Lift the ball directly into the quarterback's hand bending your elbow only slightly. The action should be one quick movement.
- C. The position of the ball is at a 45 degree angle in the crotch. Make no effort to turn the ball, as it will turn naturally.
- D. Make the ball slap against the quarterback's hand. Hold onto the ball until it hits the quarterback's hand. Hear the pop. Never throw the ball up to the quarterback.
- E. Be stepping to your assignment as the ball leaves the ground. Drive from your stance on the "Hut". All of this is one movement- the smack of the ball and the moving of your foot as you hear the "Hut".

### V. MAKING CALLS

- A. Make the calls loud and clear. Repeat them if necessary. Identify the defense as quickly as possible to allow your teammates to make their own adjustments. Make enough false calls so that the defense cannot key in on your calls.
- B. On first or second sound cadences, make the calls before the linemen are set on the line of scrimmage.
- C. Never make calls without first seeing the alignment of the defense.

### PASS PROTECTION

I you can pass block well, you can play in the NATIONAL FOOTBALL LEAGUE.

In order to maintain CONSISTENCY in our passing attack, we must develop tremendous personal PRIDE in our ability to PROTECT the PASSER. We must work INDIVIDUALLY and COLLECTIVELY as ONE WELL COORDINATED UNIT to become the BEST IN THE BUSINESS. We must develop the ability to ANTICIPATE each other's moves and be able to make the PROPER ADJUSTMENTS without HESITATION. We must also be able to ANTICIPATE and ADJUST to any type of defensive maneuver. To do this with any degree of efficiency, requires that we KNOW every possible DETAIL available about our OPPONENT.

PASS PROTECTION, in its simplest form, can be reduced to your having MORE DESIRE to keep your man off the passer, than he has to get to the passer. Each time a pass play is called, EVERY OFFENSIVE LINEMAN should have a feeling in the pit of his stomach that he REFUSES to be beaten. "NOT ME, NOT NOW, I'LL DO MY JOB AND MY MAN WON'T GET THERE". All the technique in the world can not help you if you don't have this kind of DETERMINATION to get the job done. Think of yourself as an ALL-PRO. Then think of how an ALL-PRO pass blocks. It is true that a person IS or BECOMES what he THINKS ABOUT. Successful people are successful because they have made EXCELLENCE their way of life. In order for us to become the BEST IN THE BUSINESS, we must first think of ourselves as the BEST IN THE BUSINESS. This pattern of thought should begin NOW.

While it is generally thought that the offensive lineman's role in pass protection must be that of passive resistance to the pass rusher, who has all the advantages, it does not have to be that way if you are AGGRESSIVE in your technique. With our technique of pass protection, we can CONTROL the rusher with our HANDS and DICTATE TO HIM the moves he can and can not make. We WILL NOT simply get set back and let them THROW us around like rag dolls. With the proper techniques and YOUR AGGRESSIVENESS, we will be able to PUNISH the rushers as well as keep them OFF THE QUARTERBACK. This requires a unique blend of DETERMINATION, CONTROL, CLEVERNESS, CUNNING and PATIENCE.

Football is a COLLISION sport, and anyone who plays it must be ready to overcome some PAIN to get some GAIN. You must be ready to INFLICT PAIN on the RUSHER, who is trying to TAKE YOUR BREAD AND BUTTER by sacking OUR QUARTERBACK. To become the BEST IN THE BUSINESS, we are going to become the MOST AGGRESSIVE pass blockers in the league. You will be given GLOVES to protect your HANDS. Learn to use them to PUNCH the rushers in their unprotected areas. Make them pay for every sniff that they get on OUR QUARTERBACK.



### RULE 3, SECTION 3. BLOCKING (PASS)

1. During a legal block, contact can be made with the head, hands and/or outer surface of the forearm, or any other part of the body.
2. Hands (open or closed) can be thrust forward to initially contact an opponent on or outside the opponent's frame, but the blocker must work to bring his hands on or inside the frame. Blocker cannot use his hands or arms to push from behind, hang onto, or encircle an opponent in a manner that restricts his movement as the play develops.
3. Hands cannot be thrust forward above the frame to contact an opponent on the neck, face or head.

Note: The frame is defined as the part of the opponent's body below the neck that is presented to the blocker.

4. As the play develops, a blocker is permitted to work for and maintain position on an opponent as long as he does not push from behind or clip (outside legal clip zone). A blocker lined up more than two yards outside the tackle is subject, also, to the crackback rule and cannot move into the clip zone and push or clip from behind.
5. By the use of up and down action of the arm(s), the blocker is permitted to ward off the opponent's attempt to grasp his jersey or arms.

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#### I. PASS SET

The first and most fundamental element of pass protection, for a lineman, is SETTING QUICKLY from your stance to a good FUNDAMENTAL POSITION to take on the rusher. The manner of setting depends on the ALIGNMENT and CAPABILITIES of the opponent. Getting, and then maintaining proper body position (BETWEEN the RUSHER and the PASSER), is the first basis for getting the job done. Get out of your stance as QUICKLY as you can, into a good FUNDAMENTAL POSITION with both FEET in contact with the ground and the body under CONTROL and in GOOD BALANCE. The CENTER and GUARDS should set ON THE LINE OF SCRIMMAGE and SQUARE UP on your man. The TACKLES should VARY the DEPTH of your set with the WIDTH of the defender and ATTACK him from the INSIDE OUT. QUICKNESS is the key to getting set properly. GET OFF ON THE SNAP COUNT! If the rusher is able to contact you before you are SET, he will have the advantage throughout the play. Your HANDS must come up QUICKLY so that you can use them to PUNISH him.

## II. FEET

Your weight should be distributed across the balls of your feet like a dancer. Vs. two gap alignment, jab step first with the inside foot to take away an inside move. Otherwise, step first with the outside foot backwards. The depth of your set depends on the width of the rusher's alignment. SLIDE and SHUFFLE your feet QUICKLY as if feeling the ground with them. Do not pump them up and down as if running up stairs. The more your feet are in CONTACT with the GROUND, yet still MOVING, the FASTER you are able to PUSH off the ground when REACTING to your man. A body in motion tends to stay in motion and a body at rest tends to stay at rest. You can not pass block at rest. Keep your feet MOVING, even if you must wait for a delayed rusher or a blitzer.

Keep your feet APART to avoid crossing over. If you can not avoid crossing over, at least strive to delay it as long as possible. You are more susceptible to being thrown off balance when your feet are crossed. Keep your legs FLEXED and your head UP to avoid overextension. Leave your feet only as a last resort. Dependence on cutting will only get you into trouble.

It is better to give up a little ground, to maintain and adjust your position, than to over-commit and lose your man too quickly. You must follow any commitment by immediately fighting to regain the fundamental position. Make your correction immediately before he can take advantage of you. KEEP YOUR FEET MOVING!

## III. POSITION

Keep the CENTER of your body directly BETWEEN the RUSHER and the PASSER (basketball him). The CENTER and GUARDS should keep your HEAD in the MIDDLE and MIRROR your man with your SHOULDERS and FEET SQUARE to the LINE OF SCRIMMAGE. PUNCH both HANDS into the rusher's CHEST to form a TRIANGLE of RESISTENCE. The TACKLES should favor your HEAD slightly OUTSIDE and MIRROR your man with your SHOULDERS and FEET TURNED only at a 45 degree angle from the LINE OF SCRIMMAGE. Punch your INSIDE HAND into his ARM PIT to prevent an inside move and to FEEL what he is trying to do. Use your OUTSIDE HAND to ward off his attempt to grab your jersey.

You must DISCIPLINE yourself to set CONSISTENTLY and IMMEDIATELY react AGGRESSIVELY to his first move. Take and respect all INSIDE moves by SQUARING UP and SLIDING to the INSIDE, but never chase an OUTSIDE fake by the rusher. Merely SLIDE to a favorable position to intercept him and STAY BETWEEN HIM and THE PASSER. If you have erred in your positioning and lost your man, PIVOT and RACE to a cut off spot IN FRONT of the QUARTERBACK. The quarterback will feel the pressure and step to avoid the rusher, giving you room to recover and finish your block.

When no rusher comes and you are FREE, SLIDE BACK with depth to pick up a DELAYED rusher or to HELP pick up an rusher. SLIDE BEHIND the man you are to help so that you can hit him in EITHER direction. Never stay ON the line of play.

When blocking a LINEBACKER or a DEEP BACK blitzing, remember that they are usually 30 to 80 pounds smaller and quicker than you are. They will try to fake you out of position and go around you rather than allowing you to hit them. Maintain your POSITION in FRONT of the PASSER and force them to come through you to get to him. You must have PATIENCE to be a good blocker.

#### D

STOP the rusher's first charge with a RISING POP with your arms UP and in the MIDDLE. Make him start over again. Recover yourself as you POP him so that you maintain your BALANCE and POSITION. PUNISH him with your HANDS, PUNCHING and PUSHING and recover as you POP.

#### BALANCE

LOCK your ARMS to prevent the rusher from getting into your body and forcing you into an upright position. You will lose your ability to CONTROL your man if you don't keep him AWAY from you. If you are unable to get away from him, give ground willingly, and work your body down low again into a good fundamental position. Regain your balance by rocking your weight back on your feet as you work down low on the rusher. Never lean on your man, it is impossible to lean on your man and fight him back into a good fundamental position at the same time. Maintain your BALANCE. BALANCE and BODY CONTROL prevents leaning and enables the rusher to throw you off balance.

#### HAND POSITION

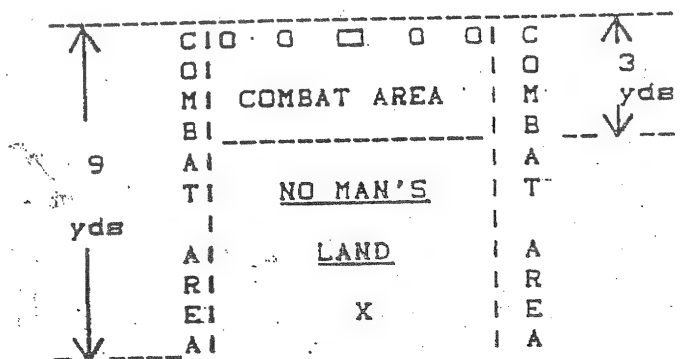
PUNCH your hands in front of and above the rusher's head. Get your hands THUMB TO THUMB and use a QUICK SIX INCH jab on him as he comes out of his stance. Keep using this jab technique to maintain your ATTACK on him. Your hands must always contact him WITHIN the FRAME that he presents to you. If your hands slip outside the frame, pull them back and punch him so that you avoid a penalty. You must continually work for NECESSITY as you ATTACK the rusher. LOCK your arms in front of you to keep him from getting to your body. All arm and hand movements must be made from the INSIDE OUT on the rusher.

#### QUARTERBACK'S LAND

Know where the quarterback sets up on each pass play. Know which side to favor as well as how deep you can be without interfering with his vision or throwing motion.

On the basic dropback pass, the quarterback will go back SEVEN STEPS (NINE YARDS), and set up STRAIGHT BEHIND the CENTER. We must provide a CUSHION of at least FIVE YARDS for him to have room to step up and throw. The CENTER and GUARDS are responsible for the DEPTH of the pocket and the TACKLES are responsible for the WIDTH of the pocket.

It is the DUTY of every LINEMAN to prevent the defensive men from penetrating NO MAN'S LAND. NO MAN'S LAND is an area with a depth of THREE to NINE yards from the line of scrimmage with the OUTSIDE SHOULDERS of the OFFENSIVE TACKLES forming the OUTSIDE of the rectangle.



Make your initial stand on the line of scrimmage. Always check your initial shoulder and foot position in relation to the line of scrimmage. The GUARDS and CENTER should be PARALLEL or SQUARE. The TACKLES should be at a SLIGHT ANGLE, but NEVER facing the sidelines until you are as deep as the quarterback. STAY BETWEEN YOUR MAN AND THE PASSER!

## INDIVIDUAL TECHNIQUES

### TACKLES

1. Set quickly in a fundamental position with your feet apart, weight low and head up. Get your hands up in front of you and STAB the rusher quickly. Be ready to slide either way to meet the rusher in the MIDDLE.
2. Use a shuffle step to maintain your position. You must be conscious of the movement of your OUTSIDE (rear) foot, striving to keep it WIDE. Do not allow yourself to turn so much that you give away the OUTSIDE. Keep your head in the middle to the outside of his body. Look at the top of his OUTSIDE jersey number.
3. Keep one foot on the ground while shuffling your feet. Do not hop up and down. Do not cross your feet. Keep them moving.

4. Always work to maintain the WIDTH of the pocket.
5. Control the man by continually STABBING your hands into his body. Pass protection is a BATTLE that we will win if you continue to ATTACK the rushers throughout the play.
6. Know when you have help from an uncovered lineman, a back or the tight end to your side, and know where that help will be coming from. The rusher may vary his path when he sees that you have help.

#### GUARDS

1. Set short and square on the line of scrimmage. Get your hands up quickly and STAB the rusher to stop his initial charge. Shuffle your feet either way to MIRROR the rusher's moves.
2. Get your head in the MIDDLE of him and look at the middle of the tops of his jersey numbers.
3. Keep punching him with your hands to stop his momentum and make him start over.
4. Give ground grudgingly and never be forced deeper than FOUR yards from the line of scrimmage. You must not allow penetration to EITHER gap.

#### CENTER

1. During the snap, PUNCH out with your free hand to control the noseman. Get your feet moving immediately on the snap count.
2. After smacking the quarterback's hand with the ball, PUNCH out with the snapping hand.
3. Continue to Punch him with your hands to stop his momentum and make him start over.
4. Shuffle your feet and keep your head in the MIDDLE of him. Look at the middle of the tops of his jersey numbers.
5. Keep your shoulders and feet square to the line of scrimmage and work to maintain the depth of the pocket.
6. Know which guard is uncovered and take away the opposite side from the rusher, forcing him to go where you may have help.

UNCOVERED MANAREA TECHNIQUE

If your only blitz responsibility is in the bubble in front of you, make an "AREA" call, to tell the lineman on either side of you that you will AREA block any twist that takes place. Take a quick set close to the line of scrimmage. Check your blitz responsibility, n/t scan with your head and eyes, looking for anyone coming into your area. Always hit someone hard enough so that he knows he has been hit, to square him up on your teammate, then look for someone else to hit. Make the rushers pay for rushing into your area. Never drop off so deep that you interfere with the quarterback.

SCAN TECHNIQUE

If your blitz responsibility takes you OUT of your area, make a "GONE RIGHT" or "GONE LEFT" call, to tell the linemen on either side of you that you are leaving the area and they must area any twist between their men without your help. Step back with your near foot pushing off of your far foot to get depth. Your eyes should initially be on your first responsibility. As soon as you eliminate him, shuffle to your next responsibility, scanning for an outside blitzer. Always maintain INSIDE/OUT position on the outside rusher. Never set so deep that he has a TWO WAY rush lane. Go towards him and punch him with your hands and head to stop his momentum and make him start over. Continue punching him to control his movement. If neither one rushes, and you are free, help the tackle in front of you. If he is in good shape go back inside and help the center or guard. Always HIT someone.

PASS PROTECTION MIXERS

You will use THREE types of pass protection techniques:

1. REGULAR TECHNIQUE (60'S/ 70'S/ 80'S)

Use the technique described above. The quarterback will go back SEVEN steps and throw from a depth of NINE yards, straight behind the CENTER.

2. FIRE TECHNIQUE (SEMI/ 50'S/100'S/200'S/300'S)

The quarterback will go back FIVE steps and step up and throw on rhythm from a depth of SIX yards. Butt the rusher AGGRESSIVELY with your head and hands simultaneously. LOOK your eyes in as if it is a running play. Beat the defender on the SNAP COUNT. STRIKE out QUICKLY and hit UP and THROUGH your man. BUTT him with the forehead surface of your helmet UNDER his CHIN and your facemask in his STERNUM. Either hit and maintain contact, or butt and push away to recover for his next charge.

COACHING POINTS

1. Hit and get back in one step. You will get pulled or thrown if you over-extend.
2. Punch out with BOTH hands as you hit, stopping the rusher's momentum. Regain your balance and position and continue to PUNCH with your hands to keep control and to PUNISH the rusher.
3. GUARDS & CENTER (& TACKLE'S vs 2 gap)-Aim your head at the middle of the tops of defenders numbers, stepping first with the INSIDE foot.
4. TACKLE'S (vs. outside alignment)-Aim your head at the top of the rusher's outside number, stepping first with the OUTSIDE foot.
5. TACKLE'S (vs. wide alignment)-Aim your head at the top of the rusher's outside number, but use a shuffle step out at him, striking and recoiling.
6. Keep your heads LOW on the FIRST step, and never allow penetration to your inside gap.
7. UNCOVERED MEN- stay SHALLOW so you won't interfere with the quarterback.

3. BUTT AND CUT TECHNIQUE (90'S)

The quarterback will go back THREE steps, step up and throw on rhythm from a depth of FOUR yards. He will release the ball in 1.7 SECONDS. Fire out from your stance on the snap count, as in FIRE TECHNIQUE. Butt your head and hands into your opponent's chest. Your aggressiveness will keep his hands down. After you have stopped his initial charge, push off with your hands, recover your balance, note which way he is going and cut him at the KNEES. PUT HIM ON THE GROUND. Remember, the quarterback is only going back THREE steps. STAY ON OR NEAR THE LINE OF SCRIMMAGE.

ADDITIONAL COACHING POINTS

1. The key WORDS in pass protection are:

QUICKNESS  
AGGRESSIVENESS  
BALANCE  
CONTROL  
POSITION  
PATIENCE  
POISE  
CONSISTENCY

Continually concentrating on these points will help you to avoid problems.

2. Stay after your man. Never quit or let up until you hear the WHISTLE. Do not be looking downfield to see who is open.
3. Carry out your assignment ALONE. Never be dependent on an uncovered man to do your job. He may not be able to help you.
4. When helping on an escaping rusher, HIT him before he escapes. Make him know that he has been hit.  
Anticipate.
5. If your man slips and is at your feet, ATTACK him and take your best LEGAL shot at him BEFORE he can recover. He would do the same to you.
6. If he jumps up in front of you, DRIVE your helmet and hands into his mid-section to keep his hands down. Never let him get away, painlessly, with batting down our pass.
7. Keep your poise, even if you break down. Immediately begin concentrating on the NEXT PLAY so that you don't make a series of mistakes while you are thinking about something that already happened. Between series, on the sidelines, analyze your technique and that of your opponent and come up with a plan for the next series of plays. (Example: What did I do to cause the breakdown? What did he do to beat me? What technique can I use to counter his moves next time?)
8. Your ability to accurately analyze your technique cannot be over-emphasized. Be FLEXIBLE in your method of ATTACK. Always have a PRIMARY PLAN and at least one SECONDARY PLAN that you can go to. If you are having trouble with a technique, you must make some changes. However, you must have CONFIDENCE in your techniques and execute them with tremendous INTENSITY for them to be effective.
9. Pass protection FUNDAMENTALS are what you must consistently concentrate and work on for as long as you play in the NFL. The tougher the situation and your opponent, the less you experiment, and the more you must emphasize the BASIC FUNDAMENTALS.
10. We realize that you can only keep your man out for a limited period of time, but as linemen, you must accept the responsibility of providing whatever time is NECESSARY to get the ball off. Never use the excuse or alibi that you blocked your man long enough. If the QUARTERBACK gets HIT, we all failed. WE WILL NOT FAIL BECAUSE WE ARE THE BEST IN THE BUSINESS!



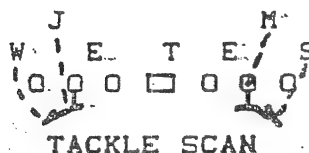
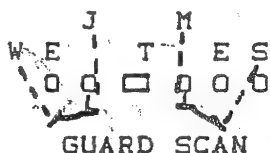
# PASS PROTECTION CALLS

SEMI- Term used by the quarterback to indicate a 5 STEP (7 yard) dropback pass. It tells the linemen to use FIRE TECHNIQUE. DO NOT allow PENETRATION to your INSIDE GAP.

## SCAN PROTECTION CALLS (60's/80's[REGULAR]/60's/70's/80's[SUB])

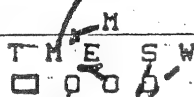
SCAN- An assignment for the UNCOVERED lineman (CENTER, GUARDS, or TACKLES) requiring that you set with depth behind the line of scrimmage and check for more than one blitz. The direction of your scan is determined by the play and can be INSIDE/OUT, TO THE NUMBER or AWAY FROM the NUMBER.

INSIDE OUT- vs. 3-4 (60's/80's)

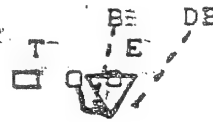
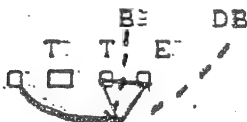


"GONE RIGHT"/"GONE LEFT"- Call by the UNCOVERED lineman telling the lineman on either side that he is vacating his area for a blitz responsibility. The linemen to either side will now AREA any twist across the BUBBLE without your help.

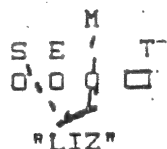
"DOWN"- A call by the uncovered TACKLE that shifts the SCAN responsibility to the GUARD, when the linebacker steps up in the GUARD'S gap and the TACKLE can not set back and block him. The TACKLE steps down aggressively and squares up. The GUARD sets inside for the linebacker. If the linebacker drops off the GUARD scans outside.



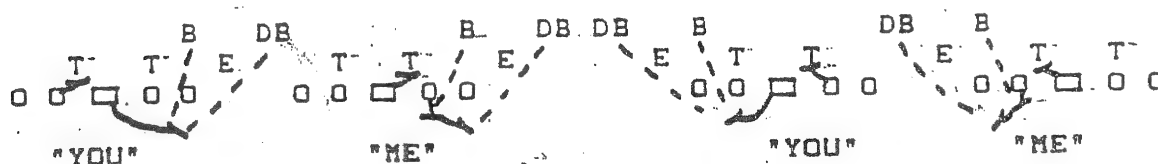
TRIANGLE- Term used to describe the area behind the GUARD/TACKLE GAP. The uncovered lineman who is SCANNING should settle down in this area if no blitz occurs. Be in a position to help the TACKLE to his inside or outside.



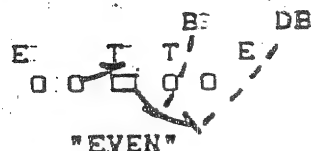
"RIP"/"LIZ"- Pass protection huddle call to tell the uncovered lineman to scan from inside to outside. "RIP"= RIGHT SIDE, "LIZ"= LEFT SIDE. This system is used only against 3-4 defenses.



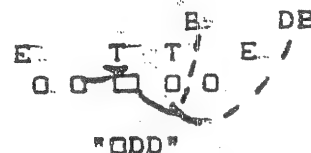
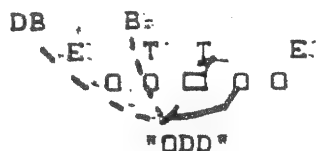
"ME/YOU"- Call by the CENTER to the GEORGE GAPPED GUARD telling him who has the man in the gap. "ME"= the CENTER has the gap, the Guard scans. "YOU"= the GUARD has the gap, the CENTER scans. Vs. DOUBLE GEORGE (both gaps), CENTER use "NAME" to tell which GUARD has the gap.



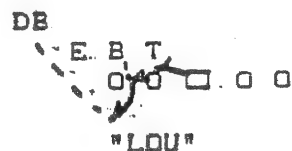
"EVEN"/"ODD"- Call by the CENTER to the UNCOVERED GUARD. "EVEN"= Block like an even defense, GUARD=nose, CENTER=scan. (Should be used when CENTER anticipates no T/T TWIST).



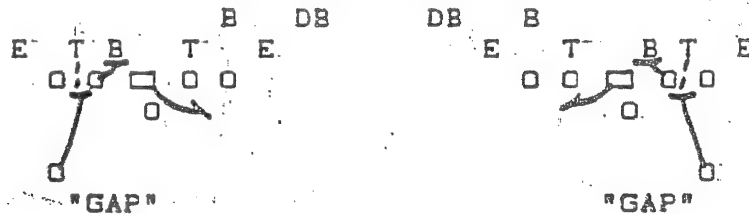
"ODD"= Block like an odd defense, CENTER=nose, GUARD=scan. (Should be used when CENTER anticipates T/T TWIST).



"LOU"/"RAY"- Call by the uncovered CENTER to the GUARD (to the direction he is scanning) when a LINEBACKER walks up into the B gap telling the GUARD to scan. The CENTER blocks over aggressively on the defensive tackle.



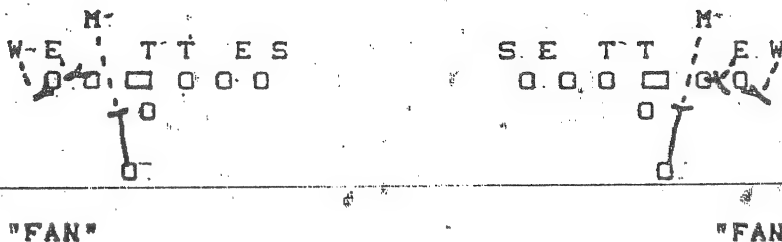
**"GAP"**- Call by the GUARD (away from the scan), to the BACK when the BACK'S LINEBACKER walks up into the A GAP. The GUARD steps inside and blocks the A GAP, the BACK then blocks the B GAP. We will only use "GAP" calls when the QUARTERBACK is UNDER the CENTER, not when he is in SHOTGUN.



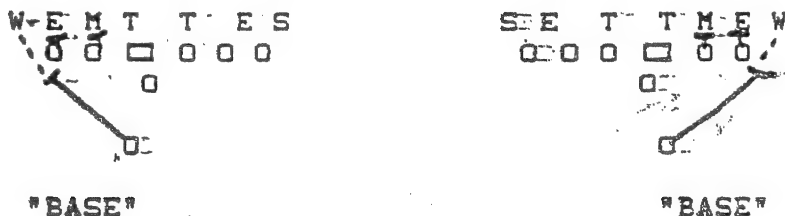
### SLIDE PROTECTION CALLS (70's vs REGULAR/STRONGSIDE 100's)

**SLIDE TECHNIQUE**- 2, 3, 4 or 5 linemen step laterally to the gaps AWAY from the NUMBER. All the linemen involved should remain at the same depth and block the rusher charging to their offside gap, (no scan is involved). Area block all twists.

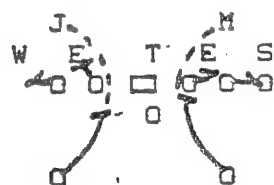
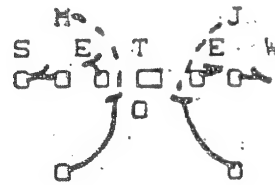
**"FAN"**- Call by the GUARD to the TACKLE when the two of you are responsible for the DEFENSIVE END and the OUTSIDE LINEBACKER.



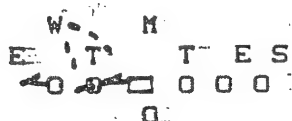
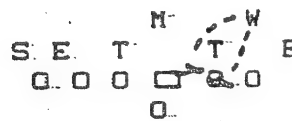
Note: If the BACK is responsible for the INSIDE LINEBACKER, and he walks up into the line of scrimmage the GUARD should call "BASE" and take the BUBBLE BACKER. The TACKLE takes the END and the BACK takes the OUTSIDE LINEBACKER.



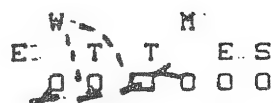
**"FAN"**- Is also a call by the GUARD to the TACKLE and the BACK against 3-4 defenses (when the END reduces down on the GUARD). The GUARD is telling the TACKLE to FAN to the OUTSIDE LINEBACKER and the BACK to take the INSIDE LINEBACKER, thus changing SCAN to FAN protection.

**"FAN"****"FAN"****"FAN"****"FAN"****"LIZ"/"RIP"**

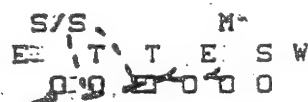
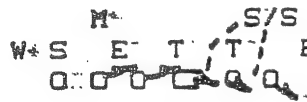
Is a call by the CENTER to the GUARD and TACKLE (against an even defense) when the three of you are responsible for the DEFENSIVE END, TACKLE and LINEBACKER to that side.

**"SLIDE LEFT"****"SLIDE RIGHT"**

**"GIANT LEFT"/"GIANT RIGHT"** - Call by the CENTER to BOTH GUARDS and the TACKLE (against UNDER defenses) when the four of you are responsible for the DEFENSIVE END, TACKLES and the OUTSIDE LINEBACKER to that side.

**"GIANT LEFT"****"GIANT RIGHT"**

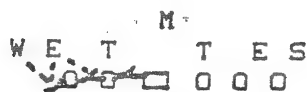
**"PACKER LEFT"/"PACKER RIGHT"**- Call by the CENTER to BOTH GUARDS and BOTH TACKLES (against DIAMOND/DOUBLE REDUCE defenses) when the five of you are responsible for the FOUR DEFENSIVE LINEMEN and the OUTSIDE LINEBACKER to that side.

**"PACKER LEFT"****"PACKER RIGHT"**

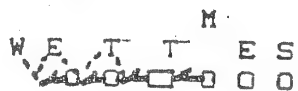
**"FIVE DOWN"**- Call by the quarterback to indicate that both OG'S and OC are covered. We will block five on five vs. this alignment (NO SCAN).



**"HARD"**- Call by the CENTER (on a "SLIDE"/"GIANT"/"PACKER") to tell the TACKLE that he must take the LINEBACKER on the line of scrimmage outside his DEFENSIVE END.



"HARD SLIDE"



"HARD GIANT"



"HARD PACKER"

**"GUT"**- Call by the CENTER (after he has called "HARD") when another potential blitzzer walks up inside the OUTSIDE LINEBACKER. This tells the TACKLE to take his END and the CENTER now will SCAN both blitzzers to that side.



"GUT" (SLIDE OFF)



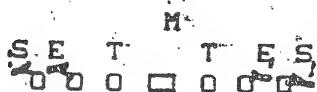
"GUT" (GIANT OFF)



"GUT" (PACKER OFF)

#### MISCELLANEOUS PASS PROTECTION CALLS

**"SLOW"**- Call by the TIGHT END to the TACKLE when his assignment is to stay in and block.



"SLOW"



"AREA"

"AREA"

**"AREA"**- Call by the TACKLE to the GUARD when the TACKLE is UNCOVERED and the TIGHT END is "SLOW". GUARD and TACKLE AREA block a blitz by the BUBBLE BACKER.

**"WIDE"**- Call by the TACKLE to indicate that his END is aligned outside the TIGHT END. The TACKLE is responsible for the WIDE END on every pass even if the TIGHT END is SLOW.

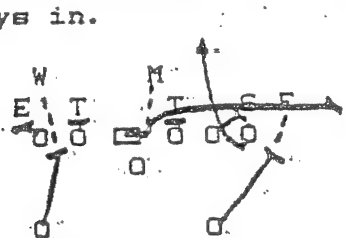


"WIDE"

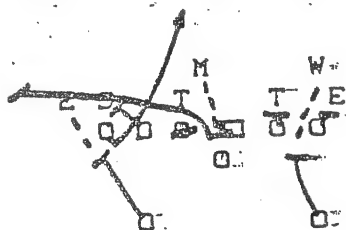


"WIDE"

**"WIDE"**- Is also a Call by the ONSIDE TACKLE on 62-63 SPECIAL telling everyone that the defense is aligned for the SPECIAL blocking scheme (TACKLE is UNCOVERED and a COVER DEFENDER is aligned on the TIGHT END). The TACKLE blocks out aggressively on the COVER DEFENDER and the UNCOVERED LINEMAN stays in.

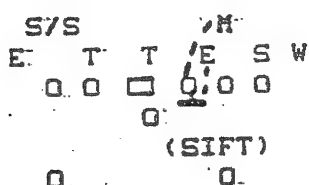


62 SPECIAL



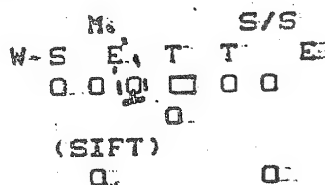
63 SPECIAL

**SIFT**- Is an assignment for the ONSIDE GUARD on 62-63 SPECIAL when the TACKLE makes a "WIDE" call and the CENTER is COVERED. The GUARD sets back and blocks the INSIDE of TWO DEFENDERS, if they both rush.



(SIFT)

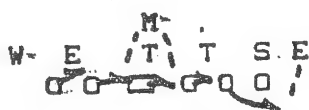
"WIDE"



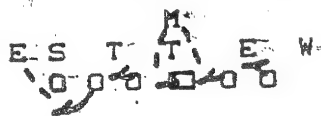
(SIFT)

"WIDE"

**SQUEEZE**- Is an assignment for the OFFSIDE TACKLE, OFFSIDE GUARD and the CENTER vs. WEAKSIDE REDUCE alignment on 4 man front. OT and OG SQUEEZE down and area block MIKE blitz.

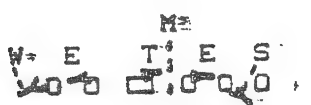


"SQUEEZE RIGHT"



"SQUEEZE LEFT"

**SOLO**- Is a call by the CENTER to indicate that a coverage linebacker or defensive back (who would be our blitz responsibility) has either moved to the other side of the ball or walked out and is not a threat to blitz. This call takes off any SLIDE, GIANT, or PACKER call and in effect tells all the linemen to block BASE.



"SOLO" JACK OVER

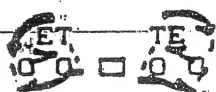


"SOLO" WILL OUT

# PASS PROTECTION TECHNIQUE vs. TWISTS

**TWIST-** Term used to describe a defensive pass rush maneuver in which one or more defenders LOOP around one or more other defenders. We will strive to AREA BLOCK all twists if possible. We must work together, at the same LEVEL, and COMMUNICATE with each other QUICKLY, to be effective against twists. As you set for the pass and the defenders begin their pass rush, the LINEMAN whose rusher is starting to LOOP around must call out "TWIST", and immediately slide TO THE DIRECTION that his man is LOOPING. HIT the penetrating defender hard to knock off his grip on your teammate and also push your teammate off so that he is in position to pick up the looper. One of the main reasons for locking our arms out and stabbing the rushers away is that if we keep the rushers from getting into our bodies, their twists will not work. It is very important that we allow NO PENETRATION by the defender going FIRST on the twist. NEVER RELEASE your man to your teammate until you FEEL that he has CONTROL of him. You will usually have more time to pick up the LOOPER than you think. BE PATIENT! When the defenders go into their twist late and you are on different levels, STAY with YOUR defender and MAN the twist.

**"PICK"-** Call by the TACKLE (if he has time to make it) when his END shifts into the GAP, NEXT TO a DEFENSIVE TACKLE, so that the defenders can run a quick twist. The TACKLE will fire out aggressively and square up on the defender going FIRST, and the GUARD will set and block the LOOPER. Even if the TACKLE doesn't make the call, the GUARD should recognize the shift and block it this way. NOTE: Be sure that the END has shifted NEXT to the TACKLE and NOT to DIAMOND or 7UP.



"PICK" (vs E/T)

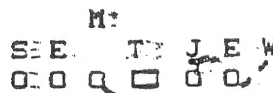


"PICK" (vs T/E)

**"COVERED"-** CALL BY THE GUARD (3-4) TO TELL THE OTHER GUARD THAT HIS LINEBACKER HAS WALKED UP INTO THE LINE OF SCRIMMAGE OR THE DEFENSIVE END HAS SHIFTED DOWN ON HIM. THE OTHER GUARD NOW COMES OVER FOR THE OUTSIDE LINEBACKER.

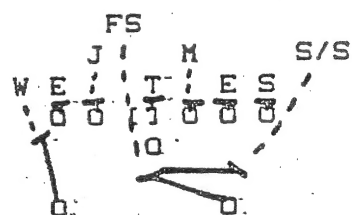


"COVERED"

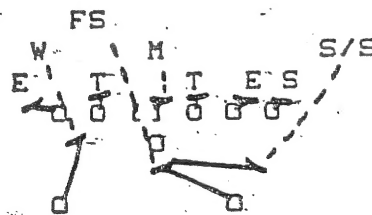


"COVERED"

**"SOLID"** - HUDDLE CALL THAT TELLS THE TIGHT END TO SLOW BLOCK, THE HB TO BLOCK WILL, THE FB TO BLOCK F/S OR S/S, AND ALL THREE STAY IN AND HELP IF THERE IS NO BLITZ. THE LINE BLOCKS BASE PROTECTION.



"SOLID"



"SOLID"



DROP BACK PASS PROTECTION RULESUNCOVERED MAN'S RULES

<u>PROTECTION</u>	<u>3-4 DEFENSE</u>		<u>4-3 DEFENSE</u>
	<u>GUARD TO #</u>	<u>AWAY FROM #</u>	<u>UNCOVERED RULE</u>
<u>62-65</u>	SCAN M-S-S/S (FAN REDUCE/ OT SCAN 3)	SCAN J-W OR FAN BY G. PLAN "FAN" REDUCE	SCAN M-S-S/S TO THE NUMBER
<u>63-63 SPECIAL</u>	CHECK M/ RELEASE TO # SIFT REDUCE	SCAN J-W OR FAN BY G. PLAN "FAN" REDUCE	CHECK M/ RELEASE TO #/SCREEN TECH. ALERT "WIDE"=STAY
<u>74-75</u>	"GIANT"/AWAY FROM # PACKER REDUCE	FAN/AWAY FROM # "FAN" REDUCE	FAN/SLIDE/GIANT/ PACKER/AWAY FROM #
<u>74-75 SLOW</u>	SAME RULES AS 74-75 PROTECTION EXCEPT: IF A DE IS ALIGNED ON THE T.E., THE ON G, ON T & T.E. "AREA" BLOCK THE DT, SAM & DE.		
<u>76-77 "SOLO"</u> IF LB OVER	"SOLO"=BASE "FAN" REDUCE	"SOLO"=BASE "FAN" REDUCE	"SOLO"= BASE AREA MIKE
<u>80-81 (SLOW)</u>	AREA MIKE "AREA" REDUCE	SCAN J-W OR FAN BY G. PLAN "FAN" REDUCE	AREA MIKE
<u>82-85</u>	SCAN M-S-S/S "FAN" REDUCE	SCAN J-W OR FAN BY G. PLAN "FAN" REDUCE	AREA MIKE
<u>82-85 SLOW</u>	AREA MIKE "AREA" REDUCE	SCAN J-W OR FAN BY G. PLAN "FAN" REDUCE	AREA MIKE
<u>82-85 SOLID</u>	AREA MIKE "AREA" REDUCE	SCAN J-W OR FAN BY G. PLAN "FAN" REDUCE	AREA MIKE
<u>90-91 (BUTT&amp;CUT)</u>	AREA MIKE "FAN" REDUCE	AREA JACK "FAN" REDUCE	AREA MIKE
<u>90-91 (SLOW)</u> (BUTT&CUT)	AREA MIKE "AREA" REDUCE	AREA JACK "FAN" REDUCE	AREA MIKE
<u>90-91 SOLID</u> (BUTT&CUT)	AREA MIKE "AREA" REDUCE	AREA JACK "FAN" REDUCE	AREA MIKE
<u>92-95</u>	AREA MIKE "FAN" REDUCE	AREA JACK "FAN" REDUCE	AREA MIKE

## PLAY ACTION PASS PROTECTION RULES

## UNCOVERED MAN'S RULES

PROTECTION	3-4 DEFENSE		4-3 DEFENSE
	GUARD TO #	AWAY FROM #	UNCOVERED RULE
FLOW 136-137	"GIANT"/AWAY	"FAN" AWAY	FAN/SLIDE/GIANT/
RIDE 138-139	FROM #	FROM #	PACKER/AWAY FROM #
142 ("DRAW")	PACKER REDUCE	"FAN" REDUCE	
RIDE 118-119			
R 118-119 SLOW	SAME RULES AS ABOVE EXCEPTION: IF A DE IS ALIGNED ON THE T.E., THE ON G, ON T & T.E. "AREA" BLOCK THE DT, SAM & DE.		
R 122-123 FAN	FAN TO NUMBER "FAN" REDUCE	AREA MIKE-OBE "AREA" REDUCE	WON'T USE vs. 4-3
RIDE 132-133	4-3 ONLY	4-3 ONLY	FAN/SLIDE/GIANT/ PACKER/AWAY FROM #
143 DOUBLE FAN	FAN "FAN" REDUCE	FAN "FAN" REDUCE	"HARD" SLIDE/FAN AWAY # F.B. = MIKE
SLANT COUNTER 136-137 PASS (RUN IT) (HB= S/S)	"ACE"/"BACK" "DOWN/DOWN"	PULL TO # & BLOCK SAM	"TAG"/"ACE"/"BACK" "DOWN/DOWN". OFF G PULL TO # & BLOCK MAN OVER T.E.
RIDE/SLANT 115-114 (SLOW)	FAN TO NUMBER "FAN" REDUCE	AREA MIKE OBE "AREA" REDUCE	IF ON G=UNCOVERED, FAN TO #
RIDE/SLANT 135-134 (SLOW)			IF OC, OFF G OR OFF T= UNCOVERED, "AREA" MIKE
LAG 125-124 (SLOW)			
QUICK 135-134 O (RUN IT) (HB = END MAN ON LOS).	"ACE"/"BACK" "DOWN/DOWN"	PULL TO # & BLOCK 1st BUBBLE LB.	"TAG"/"ACE"/"BACK" "DOWN/DOWN". OFF G PULL TO # & BLOCK 1st BUBBLE LB/DE.
258-259 (SLOW) (T.E. & ON T= SLOW U BLOCK)	CHECK MIKE/ PULL TO # "FAN" REDUCE	CHECK JACK/ PULL TO # "FAN" REDUCE	CHECK MIKE/PULL TO NUMBER.
FLOW 336-337	PULL AWAY FROM NUMBER, BLOCK JACK/ALERT "COVERED"/WILL PACKER REDUCE	PULL AWAY FROM NUMBER, BLOCK WILL/ALERT "COVERED" "FAN" REDUCE	PULL AWAY FROM THE NUMBER, BLOCK WILL "PACKER" DIAMOND.
RIDE 334-335 NAKED	ALL LINEMEN BLOCK OVER ONE MAN TO THE HOLE # REGARDLESS OF THE FRONT.		